9th Kup
Yellow Stripe Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

✓ **Use the tick the boxes** to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

☐ **Chon Ji** (19 moves)
Literally translated means heaven and earth. In the orient, it is seen as creation of the world or beginning of human history, therefore it is the first pattern played by the beginner. It consists of two similar parts, one representing the Heaven and the other the earth.

*Students will also be required to perform **Sajo Jirugi** from the white belt grading.*

ATTACK MOVES

☐ Knifehand Strike (Sonkal Taerigi)
☐ Double Punch (Doo Jirugi)

DEFENCE MOVES

☐ Low Block (Najunde Bakat Palmok Makgi)
☐ Middle Block (An Palmock Makgi)
☐ Rising Block (Chookyo Makgi)

STANCES

☐ L-Stance (Niunja Sogi)

KICKS

☐ Front Kick (Ap Chagi)

SPARRING & FITNESS

☐ Guarding block (Palmok Daebi Makgi)
☐ Switch Stance

THEORY

At the grading you will be asked up to 5 theory questions, through your journey to Black Belt we will build up your knowledge of the Korean theory step by step. Feel free to learn as much Korean theory as you wish, but below are the words you need to learn for this grade.

☐ Meaning of **Chon- ji** (as on page 12)

☐ Number of moves in **Chon- ji** (19)

☐ L-Stance **Niunja Sogi**

☐ Rising Block **Chookyo Makgi**

☐ Fore Fist **Ap Joomuk**

☐ Front Kick **Ap Chagi**

MEANING OF YELLOW BELT

☐ A Yellow Belt signifies the earth from which a plant sprouts and takes root as the foundation of Taekwon-Do is being laid.

Use this box to write notes on your progress.

UNIVERSAL TAEKWONDO ACADEMIES