

9th Kup Theory

9 th Kup – Yellow tag to Yellow

All previous theory and techniques plus:

Chon-Ji Tul 19 moves

Chon-Ji literally means heaven (Chon) and earth (Ji).

In the orient it is interpreted as the creation of the world, or the beginning of human history.

Therefore it is the first pattern practised by the beginner.

It consists of two equal parts one to represent Heaven (Middle Block) and the other Earth (Low Block).

Lake Chon-Ji is said to be the first residence of the legendary founder of Korea Dan-Gun.

The Meaning of the Colour Yellow

Yellow signifies the earth in which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

New Terms

Pattern = Tul

L Stance = Niunja Sogi

Ball of the Foot = Ap Kumchi

Back fist = Dung Joomuk

Knifehand = Sonkal

Strike = Taerigi

Kick = Chagi

Rising Block = Chookyo Makgi

Front = Ap

Relax = Sho

Inward = Anuro

Outward = Bakkuro

Downward = Naeryo

Forearm Guarding Block = Palmok Daebi Makgi

Left = Wen

Right = Orun

Obverse = Baro

Reverse = Bandae

Chon-Ji Includes

Walking Stance = Gunnan Sogi

L Stance = Niunja Sogi

Middle Obverse Fore fist Punch = Kaunde Baro Ap Joomuk Jirugi

Middle Inner Forearm Block = Kaunde An Palmok Makgi

Low Outer Forearm Block = Najunde Bakkat Palmok Makgi

PATTERN - Tul

A pattern (*TUL*) is a series of blocks and counter attacks, set in a logical sequence, against one or more imaginary opponents.

There are 24 patterns in Taekwon-Do

Stances - Sogi

L-stance = Niunja Sogi

Width = Feet shoulder width apart

Length = Feet 1 & a half times shoulder width

Weight distribution = 70% back leg; 30% front leg

Rear leg indicates as to whether it is a right or left 'L' stance

COUNTING

1 - HANA	6 - YOSUT	11 - YAUL HANA	16 - YAUL YOSUT
2 - DOOL	7 - ILGOP	12 - YAUL DOOL	17 - YAUL ILGOP
3 - SET	8 - YODUL	13 - YAUL SET	18 - YAUL YODUL
4 - NET	9 - AHOP	14 - YAUL NET	19 - YAUL AHOP
5 - TASUT	10 - YOLL	15 - YAUL TASUT	20 - SAMUL

3 Step Sparring = Sambo Matsoki
(Practised to develop timing distance and focus)