

## 9<sup>th</sup> Kup (Yellow Tag) - 8<sup>th</sup> Kup (Yellow Belt) Grading Information

*(Korean terms are bracketed and in italics)*

### Required Theory:

#### Movements:

Walking stance	-( <i>Gunnun Sogi</i> )
L stance	-( <i>Niunja Sogi</i> )
Lower outer forearm block	-( <i>Najunde Baket Palmok Makgi</i> )
Middle inner forearm block	-( <i>Kaunde Ann Palmok Makgi</i> )
Middle obverse punch	-( <i>Kaunde Baro Jirugi</i> )
Left	-( <i>Wen</i> )
Right	-( <i>Orun</i> )
Pattern	-( <i>Tul</i> )
Reverse punch	-( <i>Bandae Jirugi</i> )
Double punch	-( <i>Doo Ap Joomuk Jirugi</i> )
Ball of foot	-( <i>Ap Kumchi</i> )
Foot-sword	-( <i>Balkal</i> )
About turn	-( <i>Dwiyo Torro</i> )
Rising block	-( <i>Chookyo Makgi</i> )
Guarding block	-( <i>Daebi Makgi</i> )
Front snap kick	-( <i>Ap Cha-Busigi</i> )
Side kick	-( <i>Yop Chagi</i> )
Turning kick	-( <i>Dollyo Chagi</i> )

#### Pattern:

Chon Ji Tul -Literally means 'heaven and earth' in the orient, it is interpreted as the creation of the world/ beginning of human history and is therefore the initial pattern practised by a beginner, consisting of two similar but separate parts, one representing heaven and the other, earth.

### Required Exercises:

Saja Jirugi  
Chon Ji Tul  
Sitting stance double punch  
20 Press Ups  
Front kick double punch  
Walking stance middle reverse punch  
Walking stance low block rising block  
Three step sparring No. 1-3 (*Sambo Matsoki*)