

Bernards Institute of Tae Kwon Do

TERMINOLOGY FOR WHITE BELT (9TH) KUP MEMBERS

Required pattern	CHON-JI
Number of Movements	19
Ready Position	NARANI CHUNBI SOGI
Diagram	+ (cross)

Meaning of Pattern

CHON-JI means literally the 'Heaven and Earth'. It is in the Orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner.

This pattern consists of two similar parts - one to represent the HEAVEN and the other the EARTH.

New Movements in Pattern

Stances

Walking stance	Gunnun Sogi
L stance	Niunja Sogi

Blocks

Low outer forearm block	Najunde bakat palmok makgi
Middle inner forearm block	Kaunde an palmok makgi
Rising outer forearm block	Bakat palmok chookyo makgi
Low Knifehand block	Najunde sonkal makgi

Punches

Middle obverse punch (same hand & leg)	Baro ap-joomuck Jirugi
Middle reverse punch (opposite hand & leg)	Bandae ap-joomuck Jirugi

Significance of White Belt

White signifies the innocence of a beginner who has no knowledge of Tae Kwon Do.

Significance of Yellow Belt

Yellow signifies the earth, from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

Tae Kwon Do Oath

As a student of Tae Kwon Do:

I shall observe the tenets of Tae Kwon Do
I shall respect my instructors and seniors
I shall never mis-use Tae Kwon Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

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Tenets of Tae Kwon Do

Courtesy	Ye Ui
Integrity	Yom Chi
Perseverance	In Nae
Self Control	Guk Gi
Indomitable Spirit	Baekjul Boolgool

Kicks

Front snap kick using ball of foot	Ap cha busigi using ap-kumchi
Side rising kick	Yop cha olligi
Front rising kick	Ap cha olligi

Action hand delivers the technique. The reaction hand in general goes back to the hip bone. Reaction force counter-balances the action force ensuring balance is maintained.

Grading Syllabus

- 10 rising kicks
- 20 press ups (juniors/ladies using hands and seniors using knuckles)/20 sit-ups
- 10 stationary single punches in sitting stance
- Chon-Ji and Sarajit-Makgi (Four Directional Blocking)
- Combinations:..... Walking stance front snap kick, observe/reserve middle punch.
..... Walking stance low block, middle block, rising block, reverse punch.
- Tae Kwon Do theory:
 - State Tkd oath and tenets ?
 - What is the first and last move of your pattern ?
 - Who is the founder and who is your instructor?
 - Name and demonstrate the blocks that you know ?
 - What is the purpose of action and reaction forces when applying a technique?
 - Learn all of this sheet!!

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TERMINOLOGY FOR WHITE BELT (9TH) KUP MEMBERS

Chon-ji

1. Turn to left and low block.
2. Move forward and punch.
3. Turn 180 degrees right and low block.
4. Move forward and punch.

5. Turn to left and low block.
6. Move forward and punch.
7. Turn 180 degrees right and low block.
8. Move forward and punch.

9. Turn to left and middle block.
10. Move forward and punch.
11. Turn 180 degrees right and middle block.
12. Move forward and punch.

13. Turn to left and middle block.
14. Move forward and punch.
15. Turn 180 degrees right and middle block.
16. Move forward and punch.
17. Move forward and punch.
18. Move backward and punch.
19. Move backward and punch.