

Grading Syllabus

Yellow Stripe to Yellow Belt

- 1** Presentation And Etiquette
- 2** L stance Middle Inner Forearm Block forwards and backwards
- 3** Walking Stance Rising Block forwards and backwards
- 4** Sitting Stance Double Punch on the spot
- 5** Chon-Ji
- 6** On pads - Jab Cross Axe Kick - in a sparring stance bouncing
- 7** Front Rising Kicks - To hit target head height.
- 8** On pads - Turning Kicks - Front leg
- 9** 1-4-1 Sparring
- 10** Questions

**The following questions will need to be learned before progressing.
Younger children can just learn the "In brackets" words.**

- 1. The meaning of Chon-Ji?** - Literally means "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.
- 2. How many moves in Chon-Ji?** - 19
- 3. What is the Korean for inner and outer forearm?** - Inner - An Palmok Outer - Bakat Palmok
- 4. Name and show the 3 sections of the body?** - High - Napunde (shoulders to top of head) Middle - Kaundae (shoulders to waist) Low - Najunde (waist to feet)
- 5. Korean terminology** - Stance - Sogi Block - Magki Kick - Chagi
- 6. What does the colour yellow signify?** - Yellow signifies the Earth from which a plant sprouts and takes root, as the Taekwon-Do foundations are laid.