

London Tae Kwon-Do (UK-TKD)

Grading Syllabus for 9th Kups (Yellow Tag/Stripe)

Sitting stance double punch (counting 10)
Front kick walking ready stance (counting 10)
10 press-ups (counting 10)

Moving Forwards – Walking Stance, Double Punch

Moving Backwards – L-Stance, Middle Block

Moving Forwards – L-Stance, Knife Hand Strike

Moving Backwards – Walking Stance, Low Block Rising Block Combination

Four Directional Punch (Sajo Jirugi) Numbers 1 and 2

Pattern: Chon-Ji

Typical Theory Questions For Adults (9th Kups)

Theory for your 9th Kup grading typically consists of 3 questions relating to the training that you have undertaken so far. Presented below are examples of common questions.

(Q) What does yellow signify?

(A) YELLOW - Yellow signifies the earth from which a plant sprouts and takes root as the Tae Kwon-do Foundation is being laid.

(Q) What is the meaning of your pattern?

(A) CHON-JI - Literally means "Heaven & Earth". In the Orient it is interpreted as the creation of the world or the beginning of human history. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

(Q) How many movements does your pattern have?

(A) CHON-JI has 19 moves

(Q) What is the weight distribution in an L-Stance?

(A) Weight distribution in L-Stance is 70% on the rear leg 30% on the front.

(Q) What part of the hand do you use for knife hand strike?

(A) SONKAL – the outer edge of the hand.

(Q) What part of the arm do you block with on a rising block?

(A) Rising block is performed with the outer forearm.

Note that these are just examples of questions you might be asked at a grading; a student should have a good knowledge of their theory before going to grade.

Typical Theory Questions For Juniors (9th Kups)

How many movements are in Chon-Ji? (*19 movements*)

What does Chon-Ji literally mean? (*see answer above*)

Show what part of the hand you use for knife hand strike.

Show what an L-Stance looks like and which leg has most of the body weight on it.

What does UK-TKD stand for? (*United Kingdom Tae Kwon-Do*).

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Korean Terminology

Shown below are *examples* of Korean terminology relating to the grading syllabus for 9th Kups.

Note that these are just examples with regards to Korean terminology that you might be asked at a grading.

In addition to the Korean terminology relating to 10th Kups, you *may* need to know the following terms:

General Terms	
Tul	Pattern
Korum Notchi	Perform in own time
Momtong Bachia	Pressups
Sabum	Instructor
Jeja	Student

Parts of the Body	
Mori	Head
Sonkal	Knife-hand
Ap Kumchi	Ball of the foot
Balkal	Foot sword

Kicks	
Chagi	Kick
Ap Cha Assugi	Front snap-kick
Ap Chagi	Front kick

Directions	
Wen	Left
Orun	Right
Apro Kaggi	Forward
Dwiyro Kaggi	Backward
Bakaero	Outward
Anuro	Inward

Basic Movements	
Sonkal Taerigi	Knife-hand strike
Dung Joomuk Taerigi	Back-fist strike
Chookyong Makgi	Rising block
Palmok Daebi Makgi	Forearm guarding block
Anuro Makgi	Inward forearm block
Dibo Jirugi	Double Punch
Niunja Sogi	L-Stance