

Grading syllabus for 9th kups (yellow tag)

Basics

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

Line Work

Forward – walking stance, double punch
Backward – L-stance, middle block
Fwd – L- stance, knife hand strike
Bwd – Walking stance, low block rising block combination

Pattern

Four directional punch (Sajo Jirugi). Pattern Chon-Ji

Theory

Theory for your 9th Kup grading typically consists of 3 questions relating to the training that you have done so far.

THE MOST COMMON QUESTIONS ARE:-

What does yellow signify?
What is the meaning of your pattern?
How many movements does it have?
What is the weight distribution in an L-Stance?
What part of the hand do you use for knife hand strike?
What part of the arm do you block with on a rising block?

Remember, 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.

JUNIOR THEORY QUESTIONS

For the juniors, depending on age and ability, we tend to make the theory questions much easier.

THE MOST COMMON JUNIOR QUESTIONS ARE:-

How many movements are in Chon-Ji?
What does Chon-Ji literally mean?
Show me what part of the hand you use for knife hand strike
Show me what an L-stance looks like, and which leg has most of the body weight on it?
What does UKTKD stand for?

Answers

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

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.

Chon Ji has 19 moves

Weight distribution in L stance is 70% on the rear leg 30% on the front.

Rising block is performed with the outer forearm.

UK-TKD stands for United Kingdom Tae Kwon-Do