**9TH KUP YELLOW TAG THEORY**

Founded in 1955 by Major General Choi Hong Hi

Introduced to UK in 1967 by Master Rhee Ki Ha

Instructors are Mr P Lolley who is 4th Dan and Miss L Kent who is 3rd Dan

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 practised by the beginner. This pattern consists of two similar parts - one to represent Heaven and the other the Earth.

Number of moves - 19

MEANING OF BELT COLOUR YELLOW

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

KOREAN TERMINOLOGY

L STANCE - NIUNJA SOGI
RISING BLOCK - CHOOKYO MAKGI
FRONT SNAP KICK - AP CHA BUSIGI
FOREFIST - AP JOOMUK (YOU MUST ALSO BE ABLE TO SHOW WHERE IT IS)
BALL OF THE FOOT - AP KUMCHI
FOOTSWORD - BALKAL
GUARDING BLOCK - DAEBI MAKGI
FOREARM – PALMOK
If you are not sure what any of these words mean, Please ask your instructor.

At gradings always call the examiner sir or Ma’am.

He/she could ask you individual questions such as:-
Why did you start Tae Kwon-Do?
What do you like best about Tae Kwon-Do?
What is your favourite technique?

These questions have no 'wrong' answer because they will be about you. If you have any questions about you training please do not hesitate to ask your instructor. He/she will be glad to help.