

9th Kup - White Belt / Yellow Stripe

Chon - Ji

Number of movements: 19

Starting position: Parallel Ready Stance (Narani Chunbi Sogi).

Meaning of Pattern: 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. It is therefore the initial pattern performed by the beginner. The pattern consists of two parts, of which one represents the Heaven and the other the Earth.

General Terms

Pattern - Tul
(See Appendix 2)
Strike - Taerigi

Stances

L Stance - Niunja Sogi

Parts of the Body

Footsword - Balkal

Defensive Moves

Forearm Rising Block – Palmok Chookyo Makgi

Offensive Moves

Front Snap Kick	- Ap Cha Busigi
Open Fist Strike	- Pyun Joomuk Taerigi
High Obverse Punch	- Nopunde Baro Jirugi
Side Piercing Kick	- Yop Cha Jirugi

Sparring

3 Step Sparring - Sambo Matsoki
(See Appendix 4)

Types of Motion

Normal – One inhale, one exhale per technique, with slight pause before starting next technique.

Fast – One inhale, one exhale per technique, no pause before starting next technique. (e.g. Double punch in sitting stance).

Continuous – One inhale, exhale split equally between techniques, with no pause. (e.g. Low block / rising block from pattern Dan Gun).

Belt Colour

Yellow: Signifies earth, from which a plant sprouts and takes root as Taekwon-Do foundation is being laid.

The Training Secrets of Taekwon-Do

An old proverb says that even heaven cannot make a diligent worker poor. However, in Taekwon-Do, diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power, but require a tremendous amount of time to correct.

On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.

Students should keep in mind the following secrets:

- 1) To study the theory of power thoroughly. ([See Appendix 1](#))
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breath into one single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defence.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions.
- 8) To create sine wave during the movement by utilizing the knee spring

Appendix 2

Patterns

The name, the number of movements and the diagrammatic symbol of each pattern symbolize either a historical event, a heroic figure in Korean history or instances relating to historical events. These events are to be respected. Although the history is Korean, all people and cultures can relate to the struggle and triumphs. The messages and morals are universal and the purpose of memorising the meanings is to honour and uphold the people, actions and events, therefore representing the tenets of Taekwon-Do.

What is a pattern?

A pattern is a set of fundamental movements, both attack and defence, set in a logical sequence designed to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, or a barometer in evaluating an individual's technique.

Why do we perform patterns?

Patterns are practised to improve Taekwon-Do techniques, to develop sparring techniques, improve flexibility of movement, master body shifting, build and tone muscles and improve balance and breath control. They also enable the student to learn techniques which cannot be found in other forms of training.

Why are there 24 patterns?

The reason for 24 patterns is because the founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the earth. He believed that people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality. Therefore if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives, as the founder says:

**“Here I leave Taekwon-Do for mankind as a trace of a man
of the late 20th century. The twenty four patterns
represent twenty four hours, one day or all of my life.”**

The following points should be considered when performing patterns

1. Patterns should begin and end on the same spot. This will indicate the performers accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be tensed and relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with the absence of stiffness.
5. Each pattern should be accelerated or decelerated according to instructions.
6. Each pattern should be perfected before moving on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.

Appendix 4

Three Step Sparring / Sambo Matsoki

Three step sparring is designed for beginners to practice basic techniques with a partner. It teaches the student many things including proper distance, correct facing, accurate blocks, correct stances, forearm conditioning, counter attacks, co-ordination and timing.

Starting Positions:

Attacker: Left Walking Stance Low Block

Defender: Parallel Ready Stance

Number One

Attack: Walking Stance middle section obverse punch.

Defence: Right leg back walking stance middle section inner forearm block.

Counter: Walking stance middle section reverse punch (Do not step).

Measure: In walking stance toes in line with centre line of foot.

Number Two

Attack: Walking stance high section obverse punch.

Defence: Right leg back walking stance rising block.

Counter: Walking stance high section reverse open fist strike (Do not step).

Measure: In walking stance heels in line.

Number Three

Attack: L stance middle section reverse punch.

Defence: Left leg back L stance twin forearm block.

Counter: L Stance middle section reverse punch (Do not step).

Measure: In L stance with attackers foot between partners feet, toes in line with centre line of foot.

Number Four

Attack: L stance middle section knifehand strike.

Defence: Right leg back L stance middle section outer forearm inward block.

Counter: Left leg middle section front snap kick.

Measure: In L stance with attackers foot between partners feet, toes in line with centre line of foot.

Number Five

Attack: Walking stance high section obverse punch.

Defence: Right leg back walking stance high section outer forearm block.

Counter: Walking stance middle section reverse punch (Do not step).

Measure: In walking stance toes in line with heel.

Number Six

Attack: L stance middle section reverse punch.

Defence: Right leg back L stance middle section knifehand guarding block.

Counter: Left leg middle section side piercing kick.

Measure: In L stance with attackers foot between partners feet, toes in line with centre line of foot.

10th Kup – White Belt – this is the theory for adult white belts. Juniors are expected to start learning this after passing their orange stripe grading, but won't be tested on it until grading for yellow belt.

Taekwon-Do

'Tae' literally means jump, kick or smash with foot.
 'Kwon' means punch or destroy with hand or fist.
 'Do' means art, way, method.

In summary, the art of kicking and punching.

General Terms

Stance - Sogi
 Block - Makgi
 Punch - Jirugi
 Kick - Chagi
 Press ups - Momtong Bachia

Stances (See Appendix 3)

Attention Stance - Ch
 Parallel Ready - Narani Chunbi
 Stance Sogi
 Sitting Stance - Annun Sogi
 Walking Stance - Gunnun Sogi

Body Sections

Low - Najunde
 Middle - Kaunde
 High - Nopunde

Parts of the Body

Forefist - Ap Joomuk
 Forearm - Palmok
 Inner Forearm - An Palmok
 Outer Forearm - Bakat Palmok
 Ball of the Foot - Ap Kumchi

Blocks / Punches / Kicks

Inner Forearm Middle Block - An Palmok Kaunde Makgi
 Outer Forearm Low Block - Bakat Palmok Najunde Makgi
 Front Punch - Ap Jirugi
 Obverse Punch - Baro Jirugi
 Reverse Punch - Bandae Jirugi
 Front Kick - Ap Chagi
 Front Rising Kick - Ap Cha Olligi

Exercise

Four Directions Punch - Sajo Jirugi (15 Movements)

Sajo Jirugi is the first set of choreographed movements to help develop co-ordination, direction changing, and breath control. There are two versions of this exercise, the first using low block and the second using middle block. This is not a pattern.

White: Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.