

Ninjas 9th Kup Grading - (yellow stripe to yellow belt)

(Grading syllabus can change at examiners discretion)

You will be graded on previous **white belt** grading plus.....

Fitness: 15 Press Ups
15 Sit Ups
15 Jump Jacks

Line work:

- Front kick reverse punch in walking stance
- Rising block in walking stance
- Middle block in L stance
- Obverse, reverse punch in walking stance
- Forearm guarding block in L stance
- Low block, rising block in walking stance
- Turning kick landing forearm guarding block L stance
- Knifehand strike in L stance

Sparring work:

- 3 step sparring 1 - 2

Patterns:

- Chon Ji (19 Movements)

Pad Work:

- Various combination to grade

Freestyle Linework:

- Obverse punch, Reverse Punch, Rear leg turning kick
- Front leg turning kick
- Rising block, Reverse punch

Required Theory:

- What is the meaning of pattern Chon-Ji? *Chon-Ji means "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 Heaven and the other Earth.*
- How many movements in the pattern Chon-Ji? *19*
- What does yellow belt signify? *Yellow belt signifies earth from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.*
- L stance – *Niunja sogi* (1 ½ shoulders long, 1 wide – 70/30 weight distribution)
- Count to 10 in korean: one *Hanna*, two *Dool*, three *Set*, four *Net*, five *Dasaul*. Six *Yasaul*, seven *Illgop*, eight *Yodoll*, nine *Ahop* ten *Yoll*

Challenge yourself, with learning additional theory.

Walking stance –
Gunnon Sogi (1 ½ shoulders long, 1 wide – 50/50 weight distribution)

Sitting stance –
Annun sogi (1 ½ shoulders widths wide)

Double punch – ***Doo Jirugi***

Front – ***Ap***

Kick – ***Chagi***

Front kick – ***Ap Chagi***

Knife hand – ***Sonkal***

Knife hand strike – ***Sonkal taerigi***

Forearm – ***Palmok***

Block – ***makgi***

Forearm guarding block – ***Palmok daebi makgi***

Left – ***Wen***

Right – ***Orun***

Rising block – ***Chookyo Makgi***

What is a pattern? –

A pattern is a set of movements, mainly defence and attack, in a sequence to deal with one or more imaginary opponents.

Patterns show student's progress, a barometer in evaluating an individual's technique.