



Cassie Oury's Children's School of Tae Kwon-Do



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Grading Requirements

9th Kup (Yellow Tag) to 8th Kup (Yellow Belt)

Theory

White represents innocence, as the beginner has no knowledge of Tae kwon-do

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid

A pattern is a set of fundamental attacking and defensive movements against one or more imaginary opponents. All patterns have a meaning, which enables us to gain inspiration from great people or notable events in Korean history.

Chon Ji (19 movements) literally means 'The Heavens and the Earth.' In the orient this is interpreted as the creation of the world or the beginning of human history and as such is the first pattern performed by the beginner. The pattern consists of two similar parts, one to represent the Heavens, the other the Earth.

Pattern	Tul	Front kick	Ap chagi
		Front snap kick	Apcha busigi
Backfist	Dung joomuk		
Knife-hand	Sonkal	Strike	Taerigi
Ball of foot	Ap kumchi	Knife-hand strike	Sonkal taerigi
Foot-sword	Balkal		
		Side kick	Yop chagi
L-stance	Niunja sogi	Turning kick	Dollyo chagi
[High] rising block	Chuckyo maki	Double punch	Doo jirugi

Practice

Sitting stance, 10 double punches

Stepping forwards – front kick, double punch

Stepping backwards - L-stance, middle inner-forearm block

Stepping forwards - L-stance, knife-hand strike

Stepping backwards - walking stance, low block, high rising block

Chon-Ji