



Grading Syllabus - 9th Kup (Yellow stripe) to 8th Kup (Yellow belt)

You will be required to perform the following exercises consistently and accuracy as instructed.

1. Sitting Stance Double Punch
2. Leg raising exercises (10 on each leg)
3. Walking Stance Double Punch
4. Walking Stance Low block Reverse Punch
5. L-Stance Knife hand strike
6. Walking Stance Low block Rising block
7. Pattern: Chon-Ji
8. Pad work - turning kicks, punches
9. Any combinations from previous grading.

Stances must be of the required distance. Correct weight distribution should be maintained at all times. Particular attention will be paid to both hand positions and body alignment. Confidence and attitude will also be considered during the grading.

Always address the instructor and the grading examiner as "Sir".

You will also be expected to answer up to 5 questions from the following correctly:

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| 22. What is rising block in Korean? | Chookyo makgi (Chuck-ee-oh makk-ee) |
| 23. What is L-stance in Korean? | Niunja Sogi (Nee-un-Jah Sogg-ee) |
| 24. What is Axe (downward) kick in Korean? | Naeryo Chagi (Nair-ee-oh Chagg-ee) |
| 25. What is double punch in Korean? | Doo Jirugi (Doo Jeer-oog-ee) |
| 26. What is Knife hand strike in Korean? | Sonkal Taerigi (Sonn-kal Tair-eeg-ee) |
| 27. What is side kick in Korean? | Yop Chagi (Yopp Chagg-ee) |
| 28. What is front forefist in Korean? | Ap Joomuk (App Joo-muck) |
| 29. What is the interpretation of pattern Chon-Ji? | |

Chon-Ji means literally "**Heaven & Earth**". In the Orient it is interpreted as the creation of the World and the beginning of human history. It is therefore the initial pattern learned by the beginner in Taekwondo. The pattern consists of two similar parts, one to represent the Heaven and the other, the Earth.

30. What are the tenets of Taekwondo?

Courtesy, Integrity, Perseverance, Self Control and Indomitable spirit.

31. What does the colour Yellow signify?

Yellow signifies the Earth from which the plant takes root as the Taekwondo foundations are being laid.

32. Any of the previous questions may be asked.