

APPLICABLE TO 9th KUP STUDENTS

Patterns are attacking and defensive movements against one or more imaginary opponents.

The interpretation of the patterns: The name of the pattern, the number of movements and the diagrammatic symbol of each pattern symbolises either heroic figures in Korean history or instances relating to historical events.

CHON-JI (19 movements) 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 played by the beginner. This pattern consists of two similar parts - *one to represent the Heaven and the other the Earth*.

TYPES OF BLOCKS:

FRONT BLOCK - AP MAKGI

The body must be full-facing the opponent with the blocking tool on solar plexus line i.e. *Bakat Palmok Chookyo Makgi*

SIDE BLOCK - YOP MAKGI

The body must be half-facing .

WORDS USED IN TRAINING HALL (DO-JANG)

Pattern	-	<i>TUL</i>
Left	-	<i>WEN</i>
Right	-	<i>ORUN</i>
Forwards	-	<i>NAGAGI</i>
Backwards	-	<i>DURUOGI</i>
3 Step Sparring	-	<i>SAMBO MATSOGI</i>

STANCES:

Walking Stance	-	<i>GUNNUN SOGI</i>
'L' Stance	-	<i>NIUNJA SOGI</i>

SOGI:**BODY PARTS**

Front Sole	-	<i>AP KUMCHI</i>
Foot Sword	-	<i>BALKAL</i>

DEFENSIVE TECHNIQUES:

Knifehand Middle Guarding Block	-	<i>SONKAL KAUNDE DAEBI MAKGI</i>
Outer Forearm Low Block	-	<i>BAKAT PALMOK KAUNDE MAKGI</i>
Twin Forearm Block	-	<i>SANG PALMOK MAKGI</i>
Rising Block	-	<i>CHOOKYO MAKGI</i>

ATTACKING TECHNIQUES:

Front Snap Kick	-	<i>AP CHA BUSIGI</i>
Side Piercing Kick	-	<i>YOP CHA JIRUGI</i>

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

WALKING STANCE (Outer Forearm) Low Block.
GUNNUN SO (Bakat Palmok) Najunde Makgi.

'L' STANCE (Inner Forearm) Middle Block.
NIUNJA SO (An Palmok) Kaunde Makgi.

NOTES:

The last two moves of Chon-Ji are Obverse Punches moving backwards.

Ap Kumchi is used for Front Snap Kick & Side Piercing Kick

Balkal is used for Side Piercing Kick

'L' Stance is performed with a weight distribution of 70/30 with the toes pointing 15° inwards.

YELLOW Signifies earth, in which a plant takes root and sprouts as TaeKwon-Do foundation is being laid.

The main purpose of the belt in TaeKwon-Do is to represent the philosophical significance of the TaeKwon-Do practitioner as well as to distinguish rank. As of 1st July 1985 it was decided at a special meeting of Directors that the belt should be wrapped around the waist once instead of twice as previously practiced;

One or II (the belt wrapped once around the waist) symbolises;

OHDOILKWAN;

Pursue one goal whatsoever, once it is determined

ILPYONDANSHIM;

Serve one Master with unshakable loyalty.

ILKYOKPILSUNG;

Gain victory in one blow.