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# Murrays Taekwondo

10<sup>th</sup> Kup to 8<sup>th</sup> Kup Grading Revision Sheet: White Belt promotion to Yellow Belt

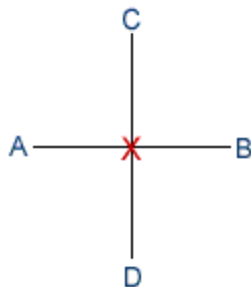
## The Grading...

Please note that students should be ready to perform immediately having already done a warm up and stretch prior to the grading test.

- Fitness test, which may include:
  - press ups, sit-ups, star jumps etc...
- Basic line work, which may include:
  - Kicking, blocking, striking and punching in various stances
- Patterns & pre-set exercises
  - 4 Directional Punch (1 & 2)
  - Chon-Ji
- Self defence awareness
- Theory

# Saju – Jirugi (No. 1) – Four Directional Punch

**Number of Movements:** 7



**The illustrations for this pattern assume that the student is standing on line AB and facing D.**

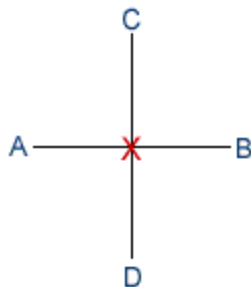
**Starting Position:** Parallel ready stance

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

**END:** Bring the right foot back to a ready posture.

# Saju – Jirugi (No. 2) – Four Directional Punch

**Number of Movements:** 7



**The illustrations for this pattern assume that the student is standing on line AB and facing D.**

**Starting Position:** Parallel ready stance

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a middle block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a middle block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a middle block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

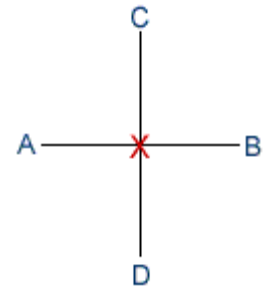
**END:** Bring the right foot back to a ready posture.

# Chon – Ji

**Number of Movements:** 19

## **Meaning of Chon – Ji:**

CHON- JI means literally "the Heaven the 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.



**The illustrations for this pattern assume that the student is standing on line AB and facing D.**

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.

**END:** Bring the left foot back to a ready posture.

# Theory

## Interpretation to Chon – Ji

CHON- JI means literally "the Heaven the 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.

## Colours

White – signifies innocence of the beginner who has no knowledge of Taekwondo.

Yellow – signifies the Earth, from which a plant sprouts and takes root, as the Taekwondo foundation is being laid.

## Tenets

The tenets are what we believe in and what we aspire to. Through Taekwondo training we hope to acquire, improve and instil these virtues.

- Courtesy
- Integrity
- Perseverance
- Self-control
- Indomitable Spirit

## Counting

1. Hanna
2. Dool
3. Set
4. Net
5. Daset
6. Yasot
7. Ilgop
8. Yodul
9. Ahop
10. Yol