

PROMOTION TO YELLOW BELT

- 1. What part of the foot do you use when performing a side kick?**
The foot sword (the outer edge of the foot – from the little toe to the heel).
- 2. In Chon Ji, what part of the arm do you use to block with, when performing a middle block?**
Inner forearm.
- 3. What does a rising block defend against?**
An axe, crescent kick or overhead blunt weapon attack.
- 4. What is the weight distribution in your legs, when performing an 'L' stance?**
70% on the rear standing leg and 30% on the lead leg.
- 5. Explain the relevance of the weight distribution when performing an 'L' stance?**
When being attacked with a sweeping technique, you are able to lift your lead leg comfortably, without losing balance or falling over, thus avoiding the sweep.
- 6. What is the meaning of yellow belt?**
Please see below.
- 7. What are the 5 tenets of Tae Kwon Do?**
Please see below.
- 8. How many movements are there in pattern Chon Ji and what is its meaning?**
Please see below.
- 9. Where is Tae Kwon Do from?**
Tae Kwon Do is from Korea.
- 10. What part of the hand do you use when performing a straight punch?**
The two inner knuckles.

MEANING OF BELT COLOURS

YELLOW: signifies earth from which a plant sprouts and takes root as Tae Kwon Do foundations are being laid.

5 TENETS OF TAE KWON DO (Aims to Achieve)

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

Learn these basic commands, if you have problem pronouncing these then please ask for assistance from the instructor.

BASIC COMMANDS:

Cheryot	-	Attention
Kyon ye	-	Bow
Chunbi	-	Ready

Chon-Ji (19 Movements)

Literally 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 the Heaven and the other the Earth.

The low block represents the earth and the middle block represents the heaven.

To be learnt when you are a yellow stripe, 9th Kup.