

# **KICKS**

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## **TAEKWON-DO ACADEMY**

### **ITF Grading Information** **9<sup>th</sup> Kup – White Belt Yellow Stripe**

#### **Practical**

**Sitting Stance Single Punch**

**20 Press Ups**

**Saju Jirugi** (4 Directional Punching)

**Saju Makgi** (4 Directional Blocking)

**Chon Ji**

**Walking Stance Front Kick Double Punch** (Line Work)

**Walking Stance Middle Block Reverse Punch** (Line Work)

#### **Theory**

**What is the meaning of Chon Ji?**

19 movement pattern - Mean literally “heaven and earth”. In the orient it is interpreted as the creation of the world or the beginning of human history. Therefore it is the initial pattern performed by the beginner. The pattern consists of two similar parts; one to represent heaven and the other the earth.

**What is the meaning of Yellow Belt?**

Yellow belt signifies the earth, from which a plant sprouts and takes root as the foundation of Taekwon-Do is being laid.

**Describe an ‘L’ Stance?**

The feet should be in an ‘L’ position. One and a half shoulder widths in length. The front heel should be placed beyond the heel of the rear foot at a distance of 2.5 cm to gain stability. The weight ratio is 70/30. Front foot and rear foot should be turned in 15 degrees.

**What is sine wave?**

Sine Wave movement is unique to ITF Taekwon-Do. Its purpose is to maximise the power in each technique by maximising body mass and kinetic energy. Sine wave permits greater control over body movements enabling smoother changes in direction and transition from one movement to another.

**What is a Pattern?**

A pattern is a fight against one or more imaginary opponents; using basic techniques through the full range of movement (the art form). The movements should be performed with speed and power where appropriate.

## Terminology

### **General**

Reverse	Bandae
Outwards	Bakuro
One	Hana
Two	Dool
Three	Set
Four	Net
Five	Tasut
Six	Yosot
Seven	Ilgop
Eight	Yodol
Nine	Ahop
Ten	Yol

### **Parts of the body**

Ball of the foot	Ap kumchi
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### **Stances**

Sitting stance	Annun sogi
L stance	Niunja sogi

### **Attacks**

Reverse punch	Bandae jirugi
Double punch	Dibo jirugi
Front kick	Ap chagi
Front snap kick	Apcha busigi

### **Defences**

Middle inner forearm block	Kaunde an palmok makgi
Low outer forearm block	Najunde bakat palmok makgi

