

# Testing Information

## 9<sup>th</sup> – 8<sup>th</sup>

### Testing from Yellow Stripe (9th Gup) to Yellow Belt (8th Gup)

#### Pattern (tul) & interpretation:

**Chon-Ji**

**Ready Stance:** Open Parallel Ready Stance

**Movements:** 19

**Diagram:** +

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.

#### Step Sparring.

Sambo (3 step sparring with a partner) walking stance - 2 way

#### Free sparring:

Begins at this level, no contact

#### Self-defense:

- 1 Release from a double grab to the lapel
- 1 Release from a double grab to the wrist
- 1 Joint attack from a double-handed choke

#### **Kicks:**

Dolly Chagi      Turning Kick  
Dwitcha-Jirugi    Back Piercing Kick  
Twimyo-Ap-Chagi      Jwnp Front Kick

#### **Break:**

Yop-Cha-Jirugi (Side Kick) 2 Boards Adult Ap-Cha-Busigi (Front Snap Kick) 1 Board Junior

#### **Stance:**

L - Stance Length is 1 and 1/2 shoulder widths measured from the foot sword of the rear foot, to the toes of the front foot. Width is 1 inch measured from the heel of the rear foot to the reverse foot sword of the front foot. The weight distribution is 70% on the rear leg, and 30% on the front leg; therefore, the leg with the most weight (rear leg) determines right or left stance.

#### Techniques:

1. L - Stance Middle Inner Forearm Block
2. Forward Step - Turning
3. Backward Step - Turning

#### **Counting in Korean 1-10**

- |     |       |       |
|-----|-------|-------|
| 1.  | Hana  | One   |
| 2.  | Dool  | Two   |
| 3.  | Set   | Three |
| 4.  | Net   | Four  |
| 5.  | Dasot | Five  |
| 6.  | Yasot | Six   |
| 7.  | Llgop | Seven |
| 8.  | Yodut | Eight |
| 9.  | Ahop  | Nine  |
| 10. | Yol   | Ten   |