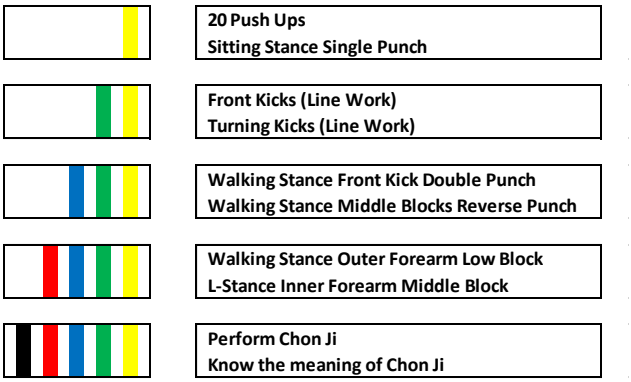
KICKS
TAEKWON-DO ACADEMY

ITF Grading Information
9th Kup – White Belt Yellow Stripe

Practical

20 Push Ups
Sitting Stance Single Punch
Front Kick (Line Work)
Turning Kick (Line Work)
Walking Stance Front Kick Double Punch (Line Work)
Walking Stance Middle Block Reverse Punch (Line Work)
Saju Jirugi (Four Direction Punch)
Saju Makgi (Four Direction Block)
Chon-Ji



Theory

What is the meaning of Chon Ji?
19 movement pattern - Means literally “the Heaven the 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 played by the beginner. This pattern consists of two similar parts; one to represent the 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 Taekwon-Do foundation 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

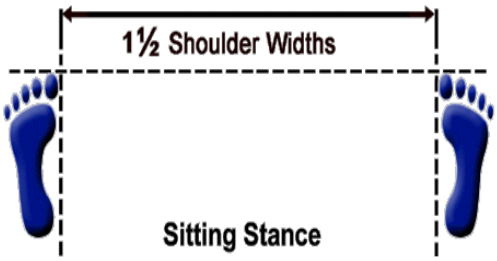
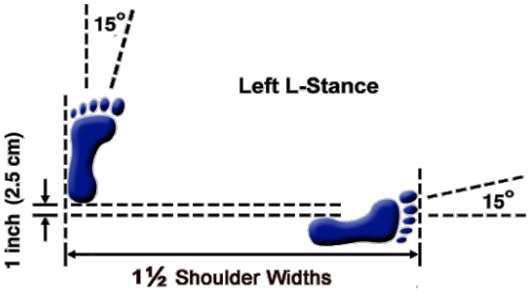
Ball of the foot	Ap kumchi

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
Turning kick	Dollio changi

Defences

Inner forearm middle block	An palmok kaunde makgi
Outer forearm low block	Bakat palmok najunde makgi