

Centerline Martial Arts

9th Gup Yellow Stripe Testing Requirements



Physical Requirements For 9th Gup Yellow Stripe Testing

Pattern/Exercise

4 Directional Punch: Saju Jirugi

4 Directional Block: Saju Makgi

Kicks

Front snap kick (Apcha Busigi)

Used to attack an opponent to the front

Targets: Sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, inner thigh and coccyx

Attacking Tool: The ball of the foot, toes, knee and instep

Facing: Full

Location: Low and middle section

Side front snap kick (Yobap Cha Busigi)

Used to attack an opponent to the front

Targets: Sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, inner thigh and coccyx

Attacking Tool: The ball of the foot, toes, knee and instep

Facing: Half

Location: Low and middle section

High Kick (Nopi Chagi):

Used to attack an opponent to the front

Targets: Chin

Attacking Tool: The ball of the foot, toes

Facing: Full and half

Location: High section

Front Rising Kick (Apcha Cha Olligi)

Stretching application

Side Rising Kick (Yopcha Cha Olligi)

Stretching application

Hand Techniques

Front Punch with the Forefist (Ap Jirugi)

Used to attack and opponent to the front

Target: Philtrum, jaw, mandibular joint, point of chin, sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver and spleen

Attacking Tool: The index and middle finger main knuckles

Facing: Full

Stances: Walking, sitting and parallel

Note: The fist should be clenched firmly at the moment of impact. Pull the opposite fist to the hip equally as fast as the punching hand travels. Relax the muscles after the moment of impact.

Inner Forearm Side Block (An Palmok Yop Makgi)

Used to block attack to solar plexus area

Target: Inner forearm, outer forearm, inner wrist and outer wrist

Blocking Tool: Inner forearm

Facing: Half and side

Stances: Walking, L, sitting, fixed, X and rear foot

Forearm Low Block (Palmok Najunde Makgi)

Used to block attack to the lower abdomen or lower

Target: Tibia

Blocking Tool: Outer forearm

Facing: Half and side

Stances: Walking, L, sitting, X and rear foot

Knife Hand Low Block (Sonkal Najunde Makgi)

Used to block attack to the lower abdomen or lower

Target: Outer tibia and inner tibia

Blocking Tool: Knife hand

Facing: Half and side

Stances: Walking, L, sitting, X and rear foot

Ho Sin Sul

Two Releases from a straight grab to wrist

Two Releases from a cross grab to wrist

One release from a double grab to the wrist

One release from a double grab to the lapel

Shoulder roll

Breaking

Foot Break:

Front snap kick

Step Sparring

3 Step without a partner

Routine 1:

First Attack: Step forward into Right Walking Stance – Middle obverse front punch with forefist
First Defense: Step back into Left Walking Stance – Middle obverse side block with inner forearm
Second Attack: Step forward into Left Walking Stance – Middle obverse front punch with forefist
Second Defense: Step back into Right Walking Stance – Middle obverse side block with inner forearm
Third Attack: Step forward into Right Walking Stance – Middle obverse front punch with forefist
Third Defense: Step back into Left Walking Stance – Middle obverse side block with left forearm
Counterattack: Simultaneously with final defense, Middle reverse front punch with the forefist and **Ki-ap**

Toes to Middle of Foot



Routine 2:

First Attack: Step forward into Right Walking Stance – Low front snap kick
First Defense: Step back into Left Walking Stance – Low obverse block with knife-hand
Second Attack: Step forward into Left Walking Stance – Low front snap kick
Second Defense: Step back into Right Walking Stance – Low obverse block with knife-hand
Third Attack: Step forward into Right Walking Stance – Low right front snap kick
Third Defense: Step back into Left Walking Stance – Low obverse block with knife-hand
Counterattack: Simultaneously with final defense, Middle lead leg front snap kick and **Ki-ap**

Toes to Ball of the Foot



Counterattack:

*Ki-ap on final counterattack.

*If the counterattack is a kick the defender will always first step down into an L-Stance, Middle Guarding Block and then step **back** to Baro

Ending Baro:

Defender and attacker *simultaneously* step forward with right foot back to a Parallel Ready Stance

*If counter attack is a kick the defender will step down L-stance, middle guarding block after kicking, then return back to baro.

Required Knowledge For 9th Gup Yellow Stripe Testing

Meaning of White Belt

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

Taekwon-Do Color Belt System

10 th Gup	Low White		5 th Gup	High Green
9 th Gup	High White		4 th Gup	Low Blue
8 th Gup	Low Yellow		3 rd Gup	High Blue
7 th Gup	High Yellow		2 nd Gup	Low Red
6 th Gup	Low Green		1 st Gup	High Red

Counting in Korean

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

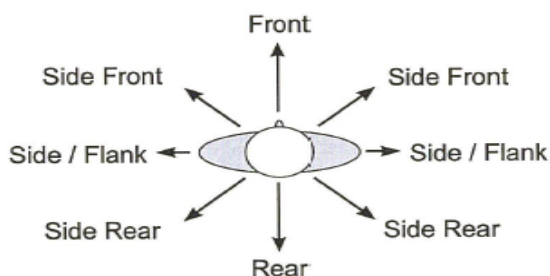
Etiquette

- A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
- Bow before stepping onto and off of the dojang (gym) training floor.
- Greet and address seniors and juniors with proper salutation such as hello Mr. Keep, thank you sir or thank you Master McNamara
- Use words of respect such as thank you ma'am, yes sir, no sir, etc.
- Avoid turning your back to seniors.

The Eight Parts Of The Training Secrets Of Taekwon-Do

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

Directions of Attacks



Attention Stance (Charyot Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A

Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A

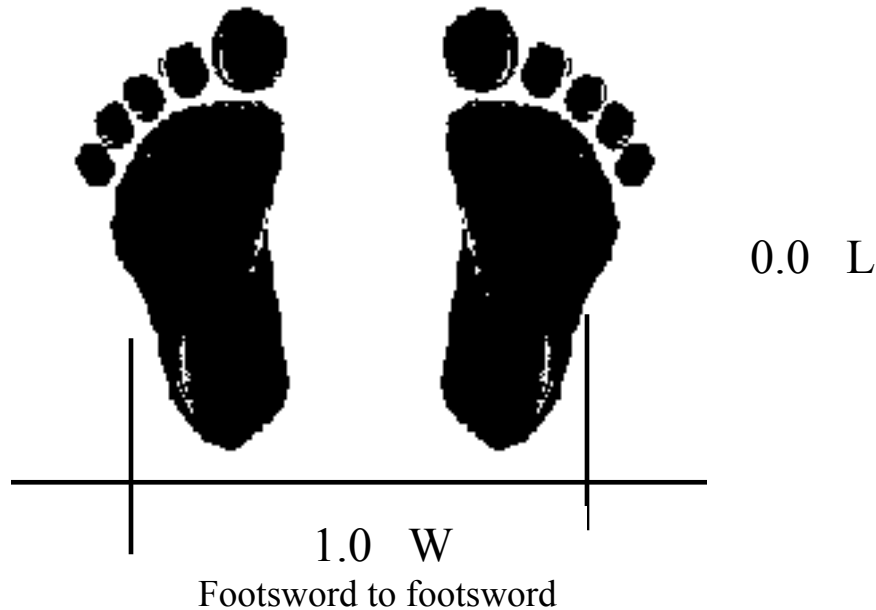
Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: The heels of the feet are together forming a 45⁰ angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

Parallel Ready Stance (Narani Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.0 shoulder width

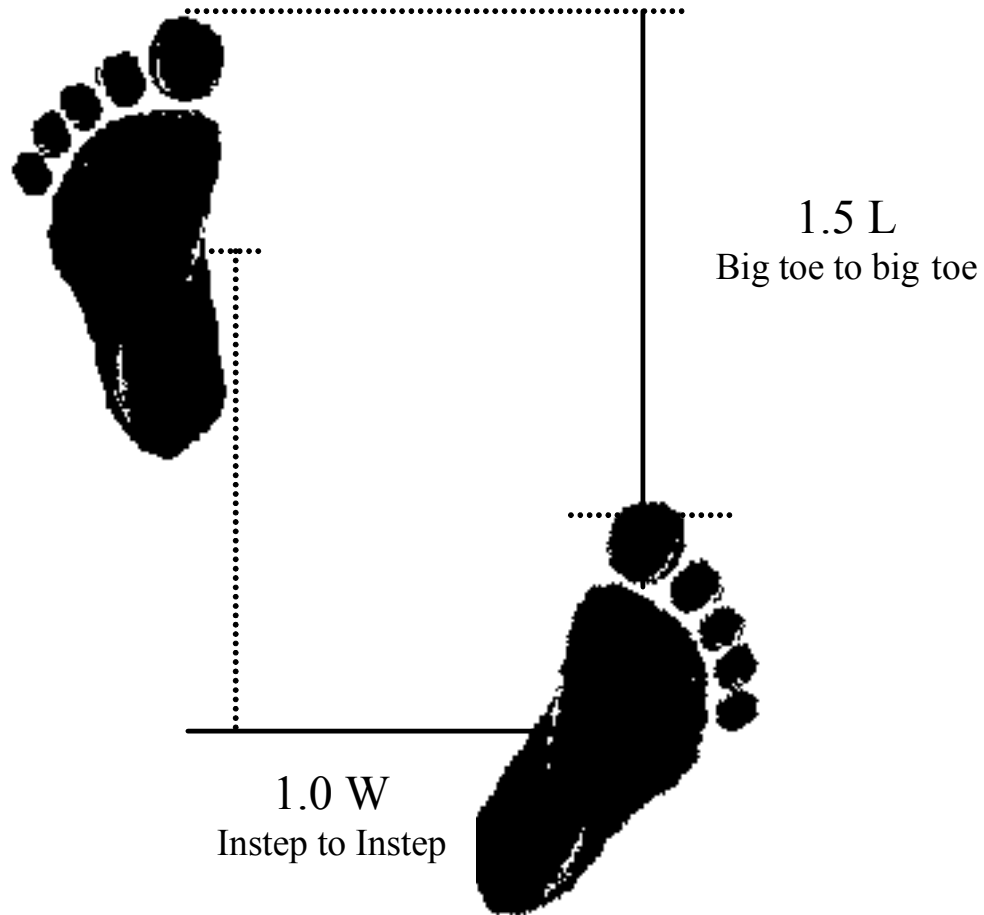
Measured From: **Front:** Footsword
 Rear: Footsword

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30° and the lower arms are bent upward at 40°

Walking Stance (Gunnun Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Tip of big Toe

Width: 1.0 shoulder width

Measured From: **Front:** Center of instep
 Rear: Center of instep

Weight Distribution (F/R): 50% / 50%

Available Facings: Full, half or reverse half

Additional Notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25⁰ from the front. This stance is named after the front foot.

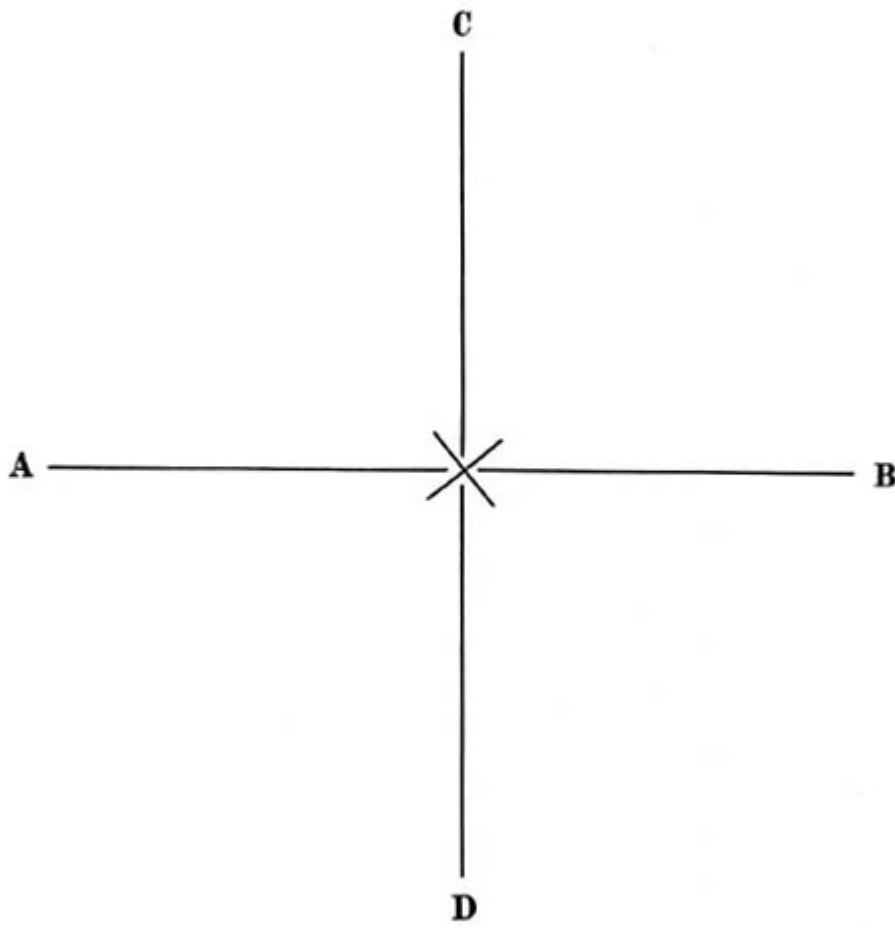
FOUR DIRECTION PUNCH

(Saju Jirugi)

This fundamental exercise is practised by 10th grade holder or the very beginner.

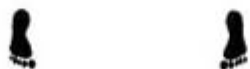
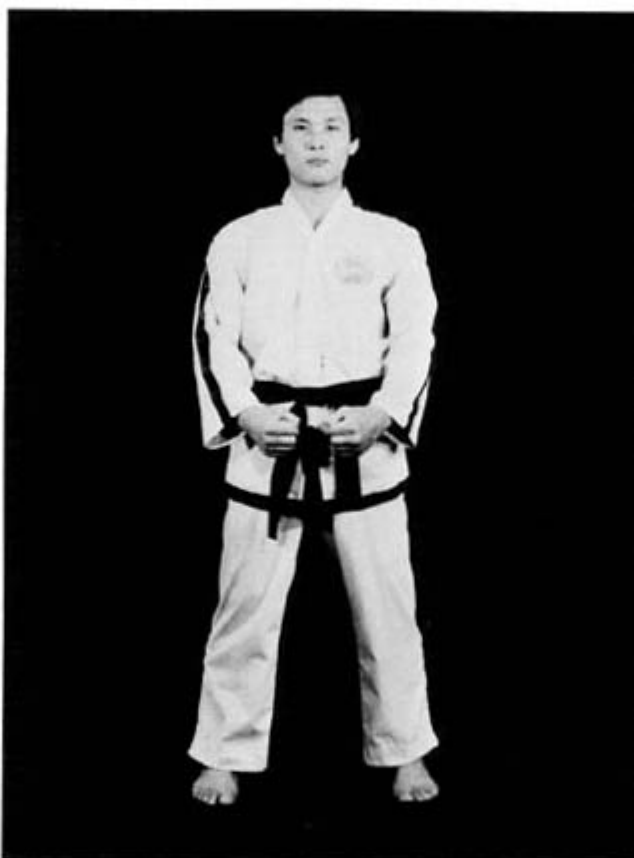
White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.

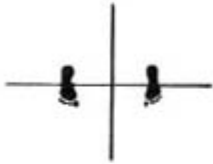


1. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.

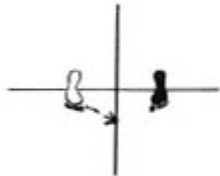


Right walking stance middle punch toward D.

Previous Posture



Side View

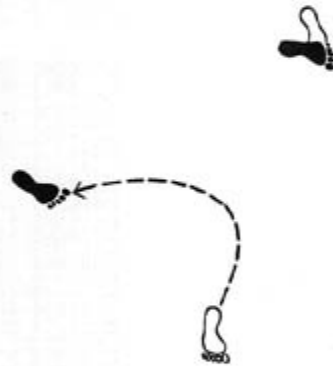
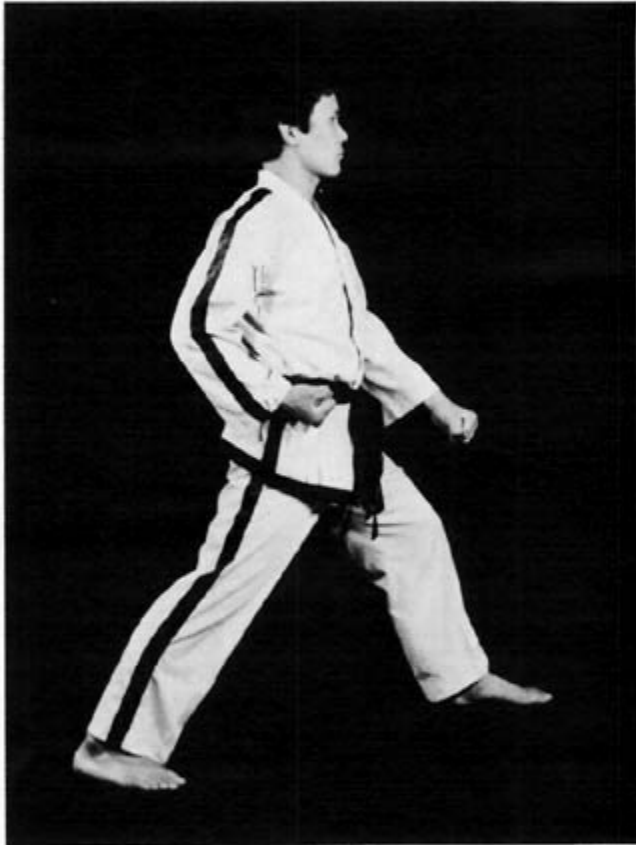


Application



Opponent of the same height.

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.



Left walking stance forearm low block toward B.

Keep the forearms crossed in front of the right chest, placing the blocking one on the other.

The body becomes half facing the opponent.

Previous Posture

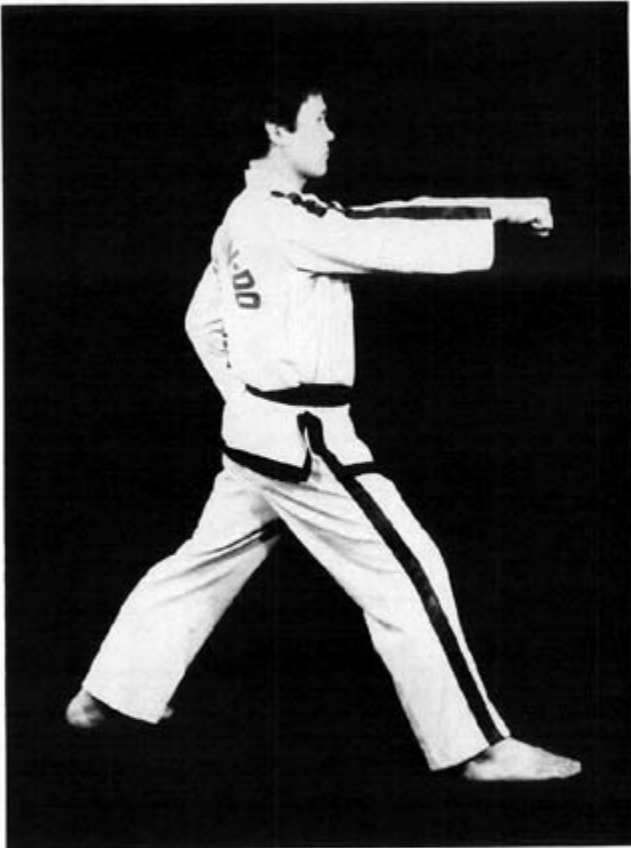


Application

- * 1. Block is executed at the tibia.
- 2. The ball of the foot is used as a pivot.
- 3. The outer forearm is the blocking tool.



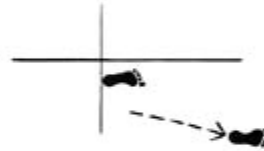
3. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.



Right walking stance middle punch toward B.



Previous Posture

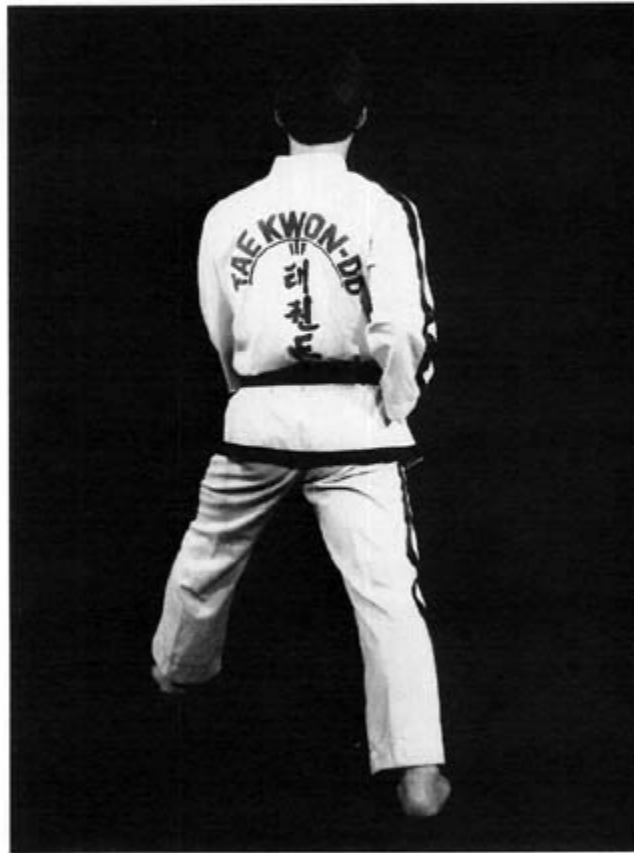


Application



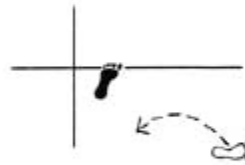
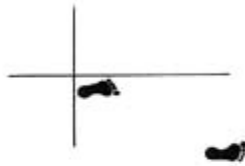
Shorter opponent.

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.



Left walking stance forearm
low block toward C.

Previous Posture



Application

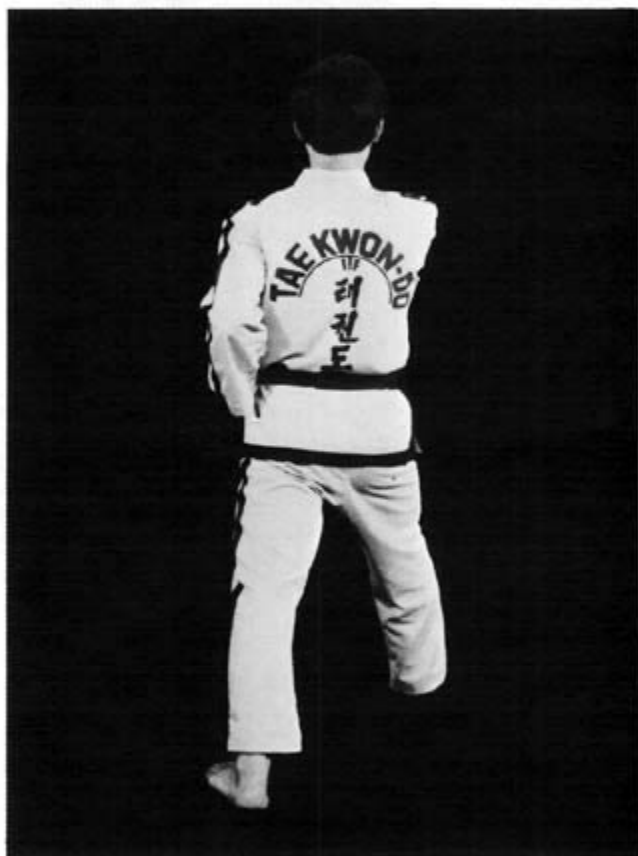


Top View



Other View

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.



Right walking stance middle punch toward C.





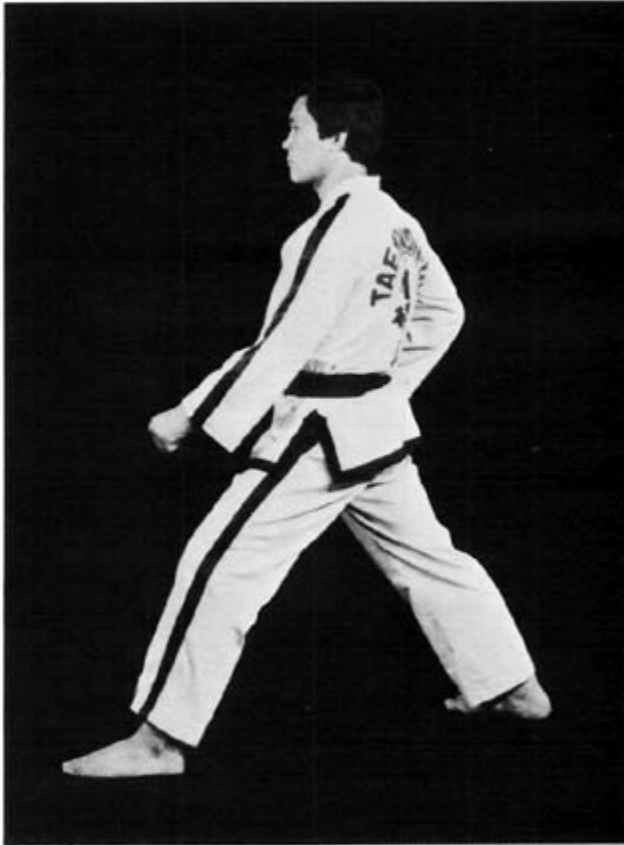
Previous Posture



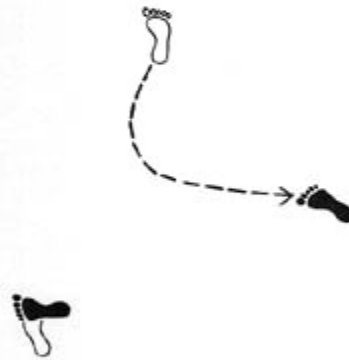
Side View



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.



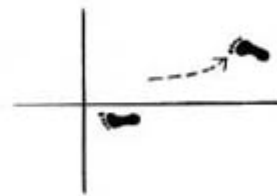
Left walking stance forearm low block toward A.



Previous Posture



Top View



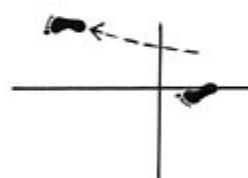
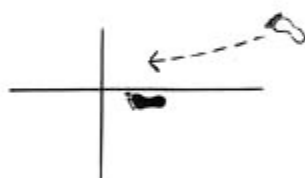
7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.



Right walking stance
middle punch toward A.



Previous Posture

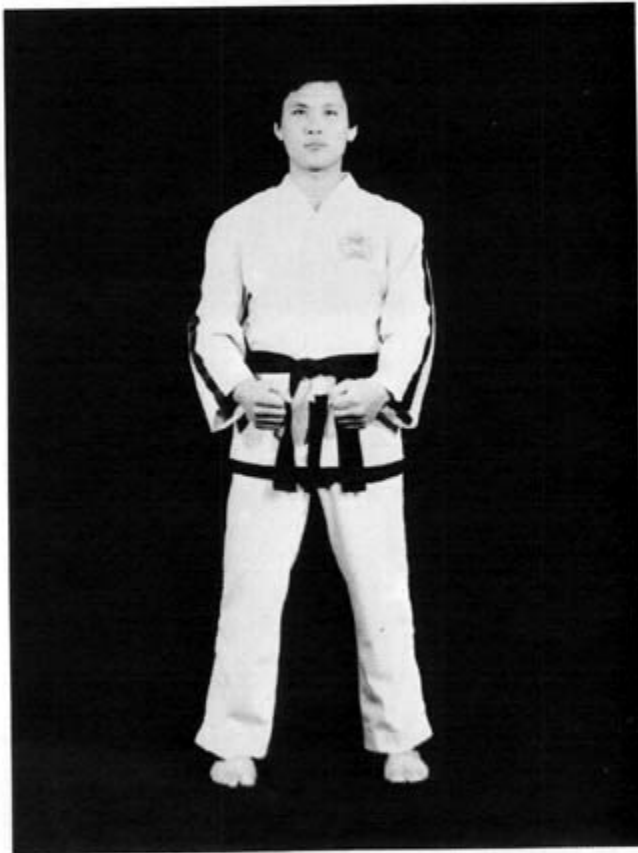


Application

Shorter opponent.



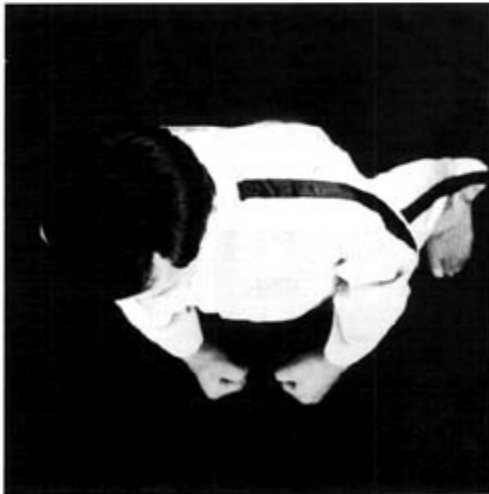
END. Bring the right foot back to a ready posture.



**Parallel ready stance
toward D.**



Previous Posture



Top View

Side View



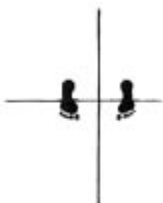
1. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



**Left walking stance middle punch
with the left fist toward D.**



Previous Posture



Application

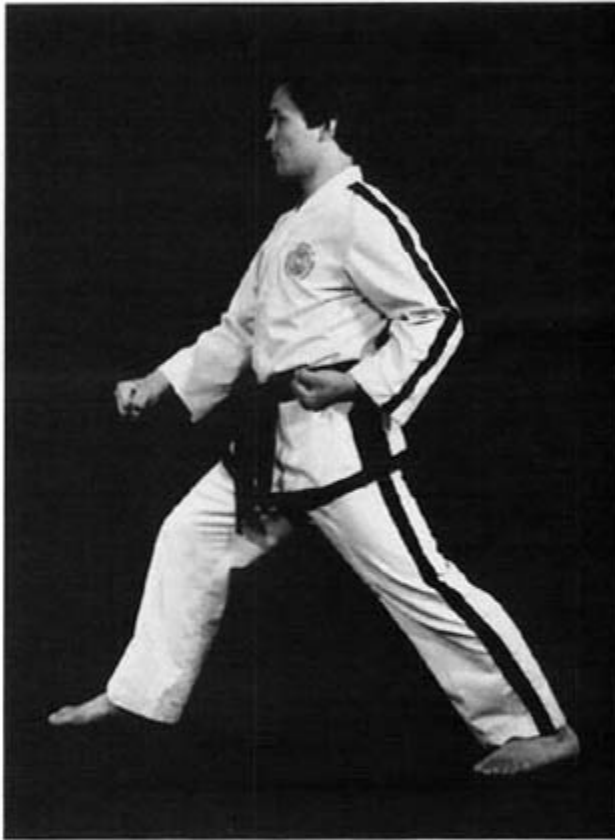


Side View

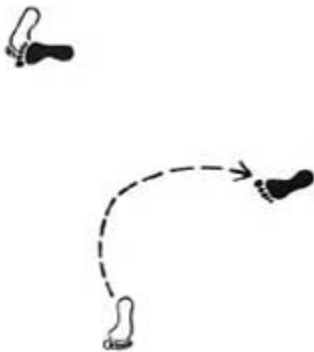
Side View



2. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right forearm.



Right walking stance forearm
low block toward A.



Previous Posture



Keep the forearms crossed in front of the right chest, placing the blocking one on the other.



Keep the body half facing

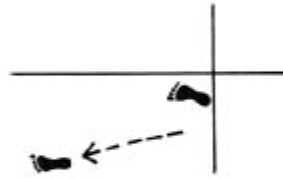
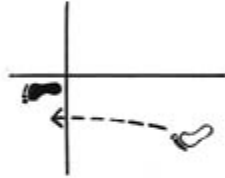


3. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.

Left walking stance middle punch with the left fist toward A.



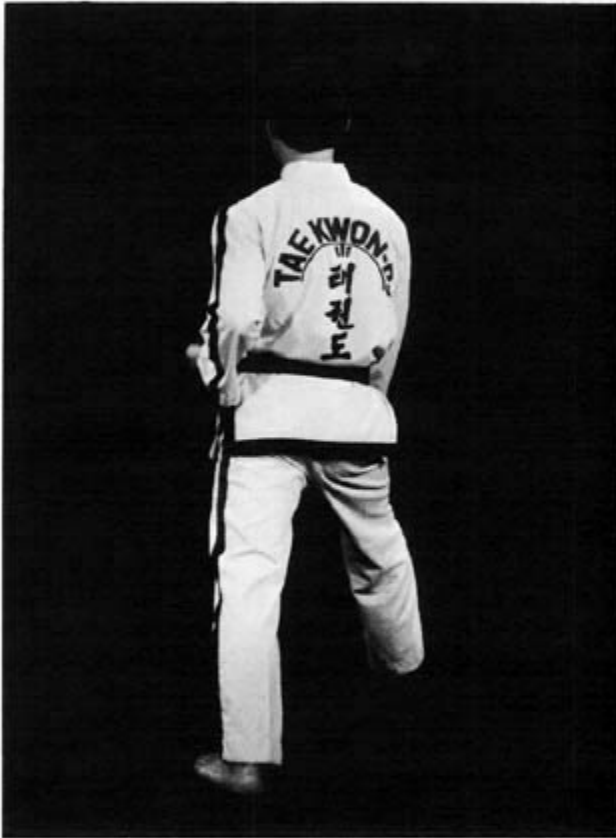
Previous Posture



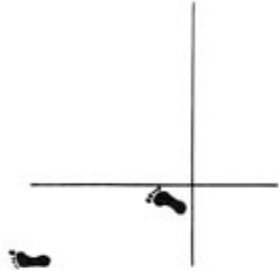
Application



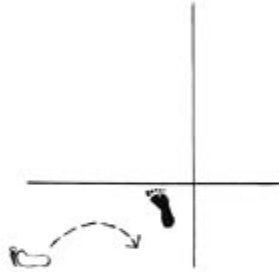
4. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right forearm.



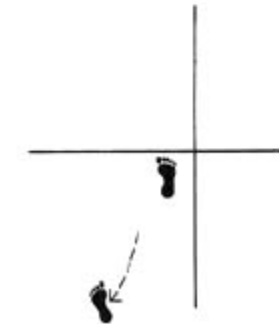
Right walking stance low block
with the right forearm toward C.



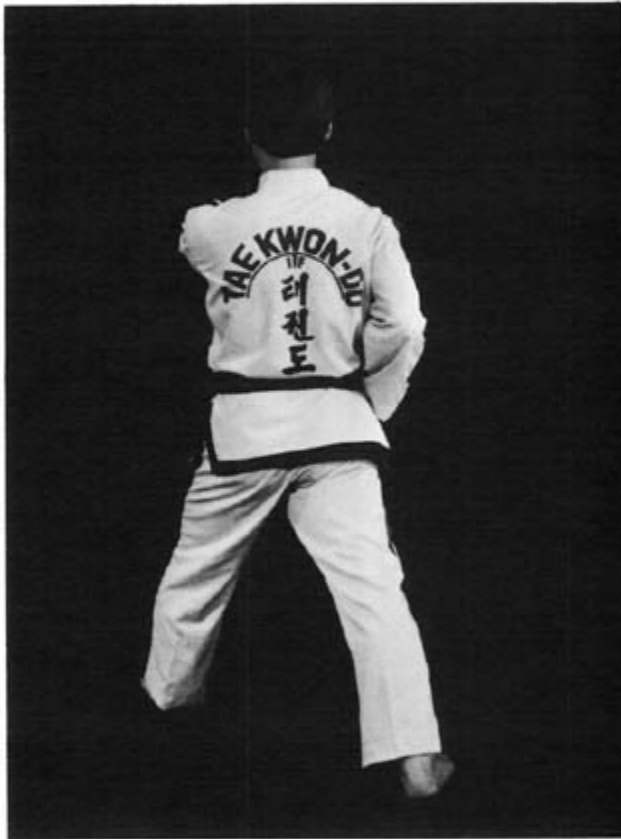
Previous Posture



Side View



5. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.



Left walking stance middle punch with the left fist toward C.



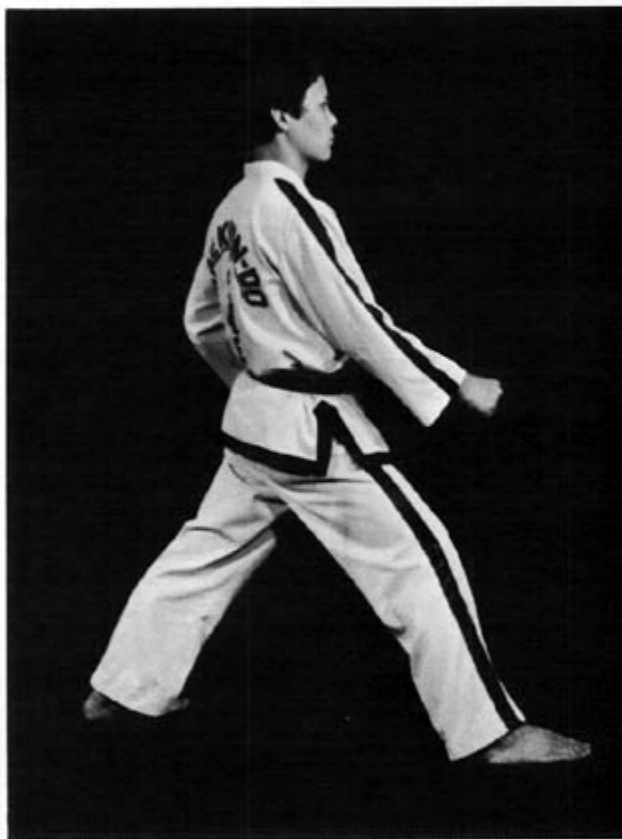
Previous Posture



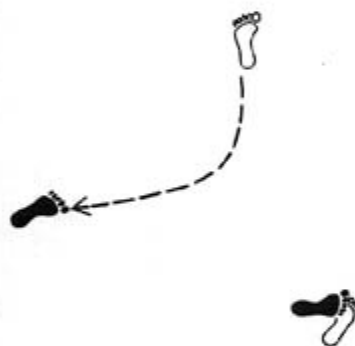
Side View



6. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right forearm.



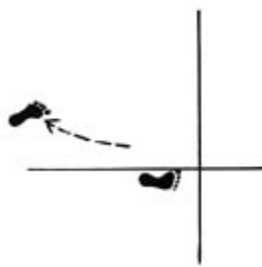
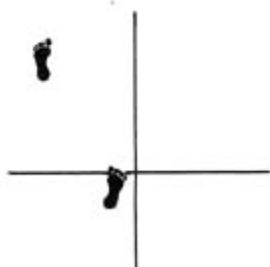
Right walking stance low block
with the right forearm toward B.



Other View



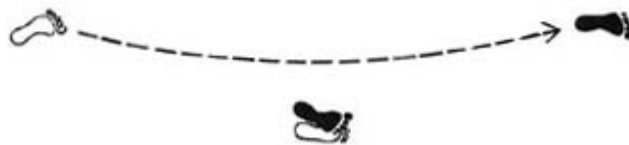
Previous Posture



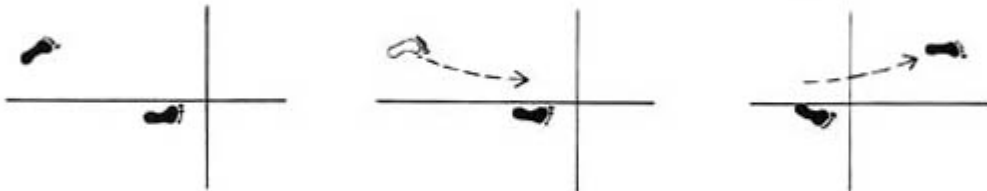
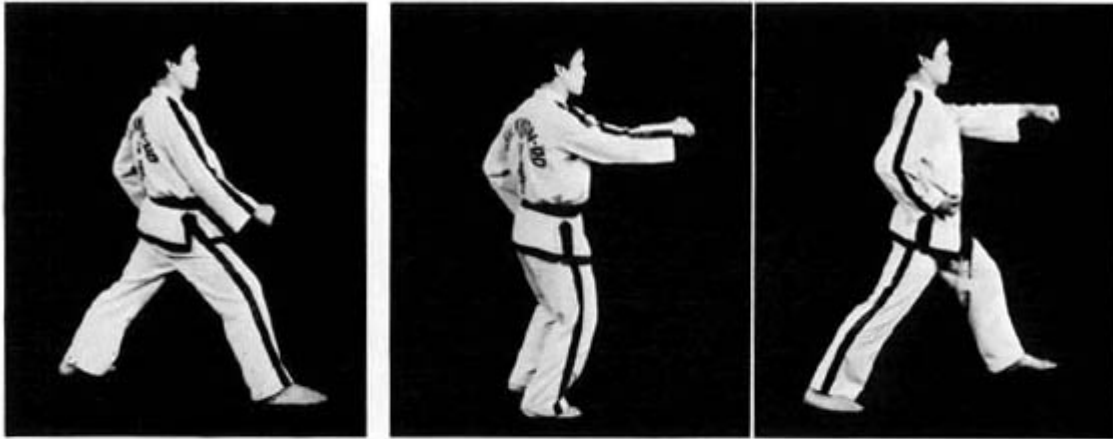
7. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.



Left walking stance middle punch with the left fist toward B.



Previous Posture

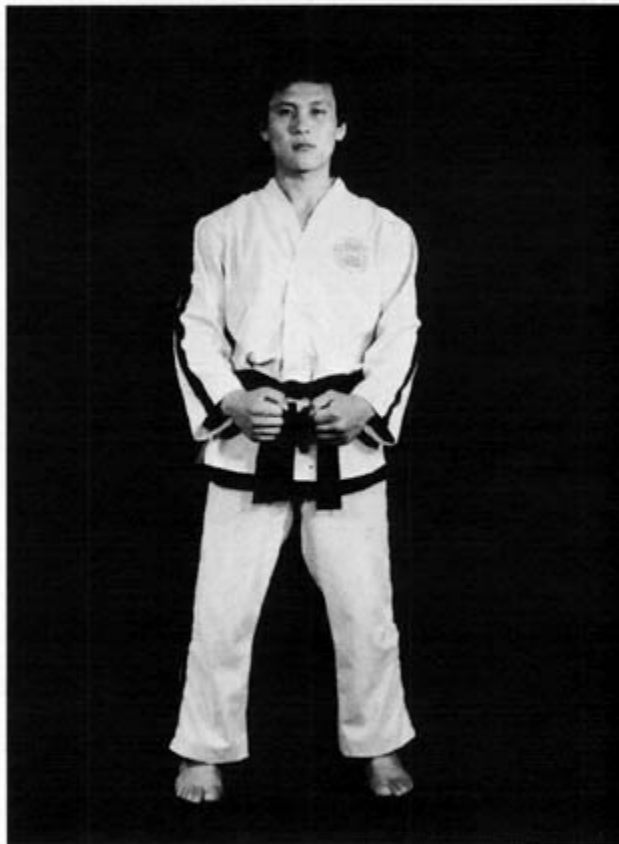


Application

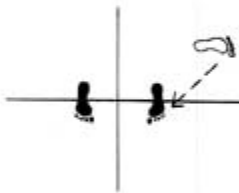
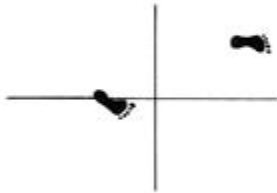


END. Bring the left foot back to a ready posture.

Parallel ready stance toward D.



Previous Posture



Side View



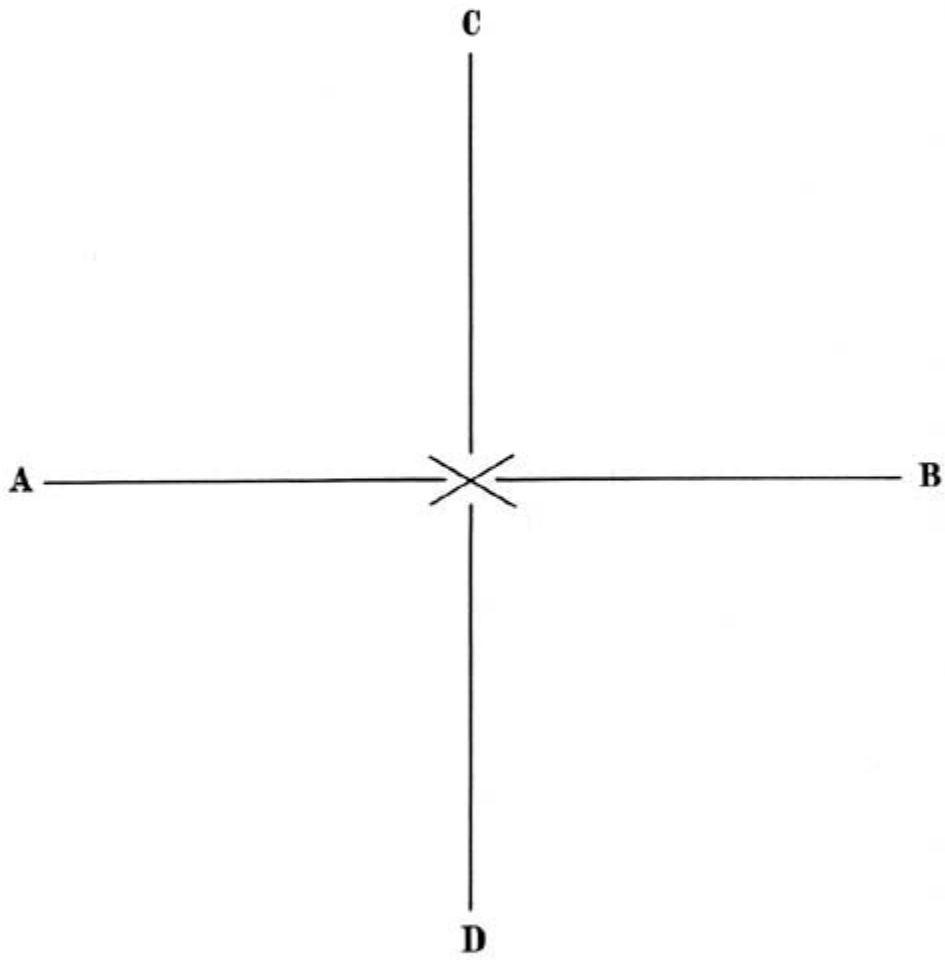


FOUR DIRECTION BLOCK

(Saju Makgi)

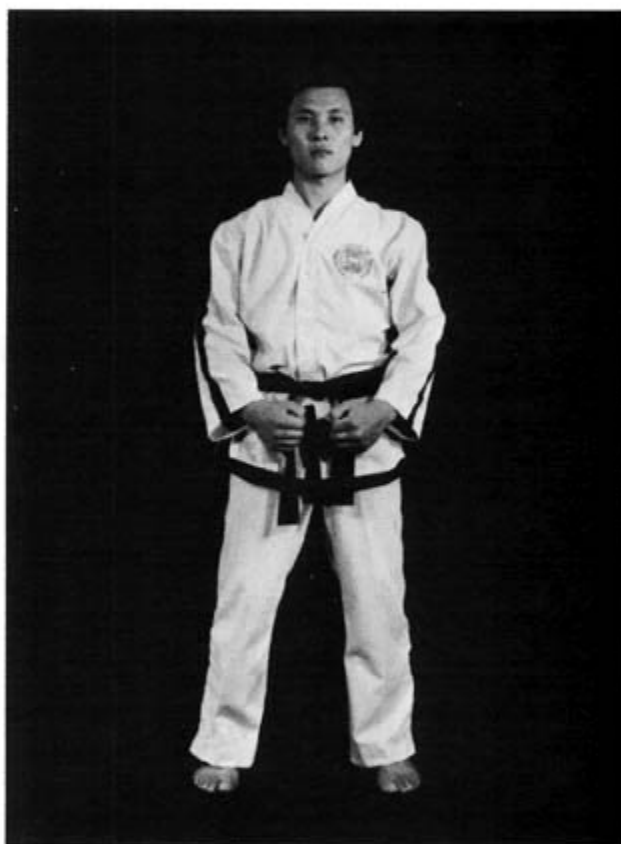
This fundamental exercise is also practised
by 10th grade holder or beginner.

DIAGRAM (*Yon Moo Son*)

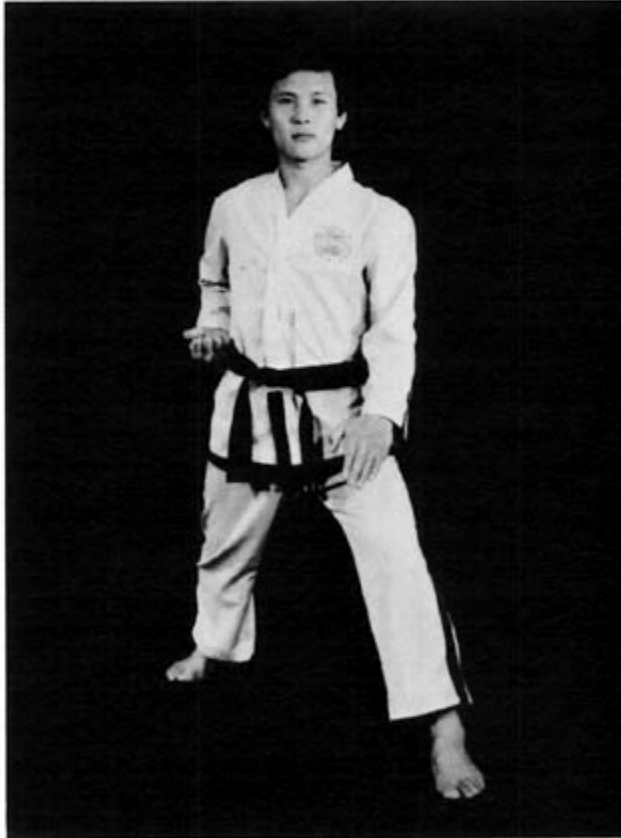


Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.

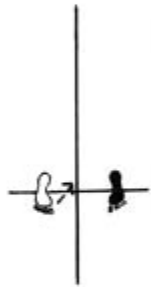
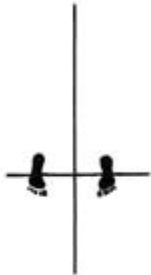


1. Move the right foot to C, forming a left walking stance toward D while executing a low block to D with the left knife-hand.



Left walking stance knife-hand low block toward D.

Previous Posture



Application

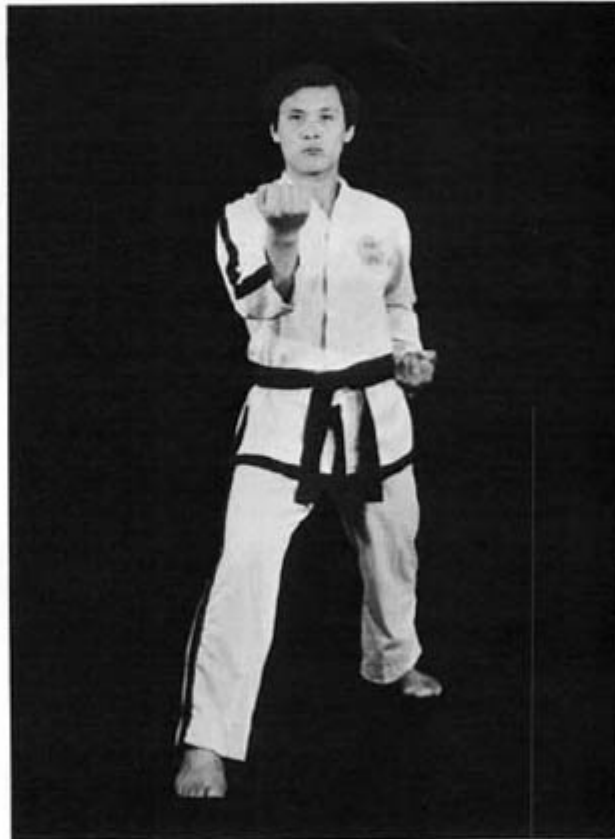


Block is executed at the inner tibia.

Keep the back forearms crossed in front of the rib cage, placing the blocking one on the other.

Keep the body half facing the opponent.

2. Move the right foot to D, forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.



Right walking stance inner forearm middle side block toward D.



Previous Posture



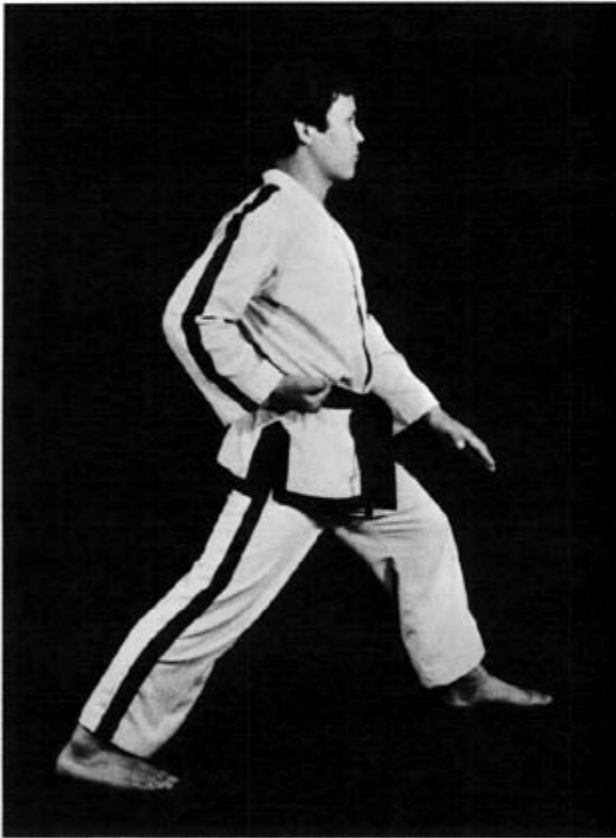
Application



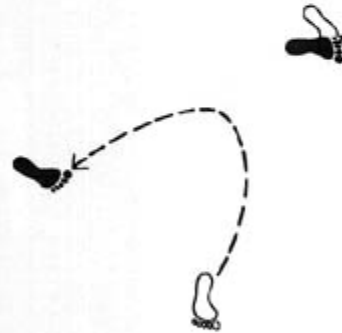
Side View



3. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left knife-hand.



Left walking stance knife-hand low block toward B.



Previous Posture



Application



Top View

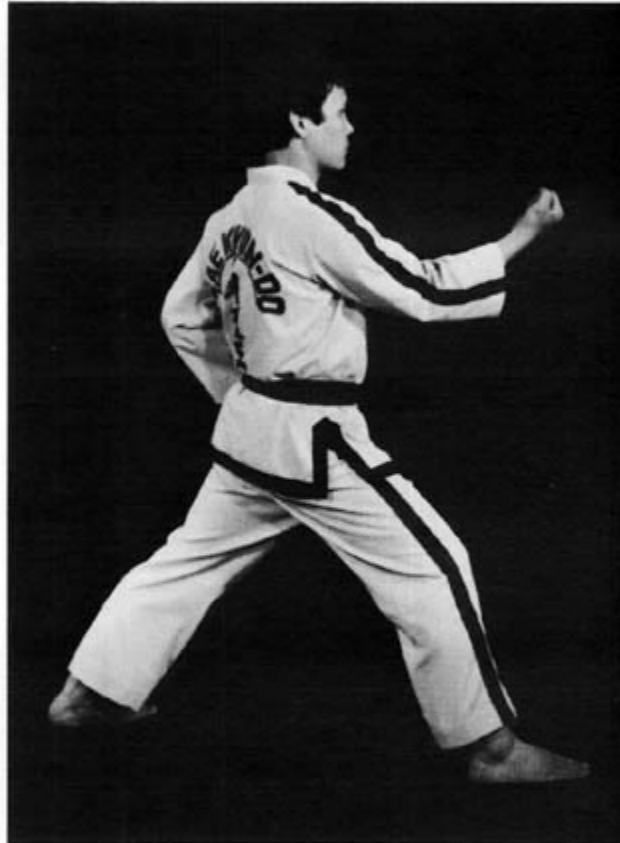
Application



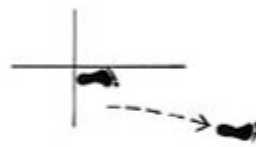
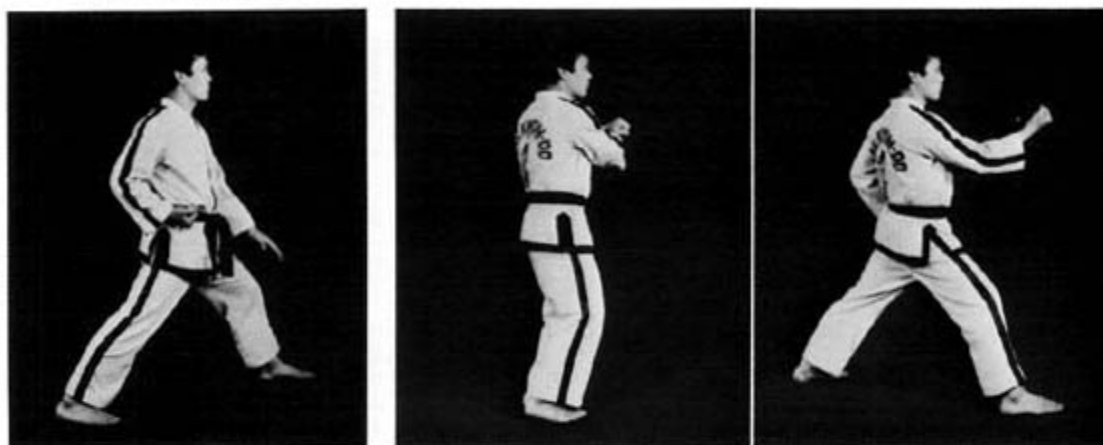
**Block is executed
at the outer tibia.**

4. Move the right foot to B, forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.

Right walking stance inner forearm middle side block toward B.



Previous Posture

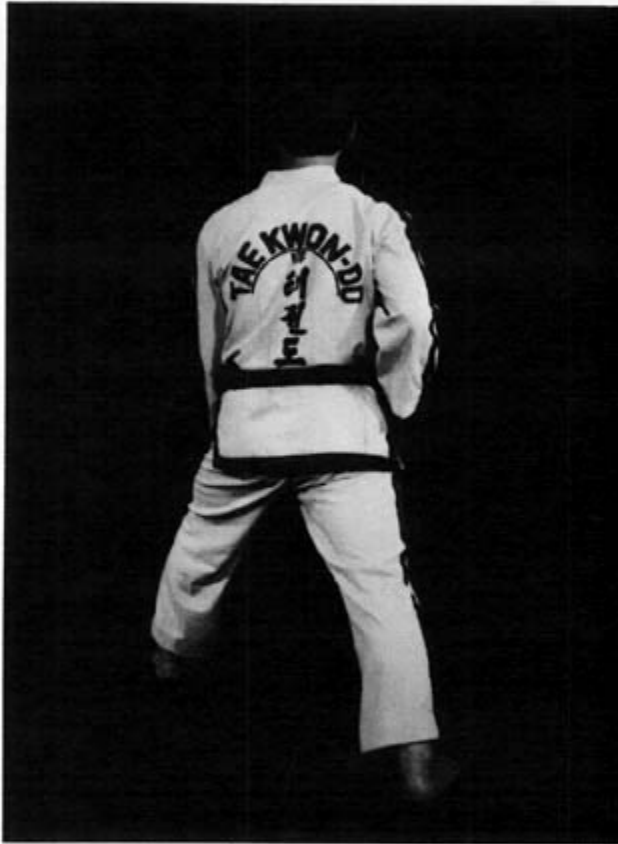


Application

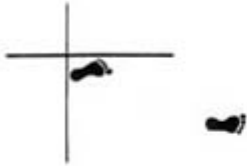


Shorter opponent

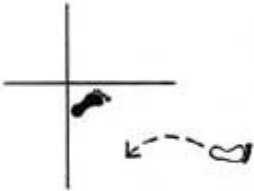
5. Move the right foot to D, forming a left walking stance toward C while executing a low block to C with the left knife-hand.



Left walking stance knife-hand low block toward C.

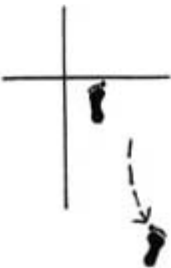


Previous Posture

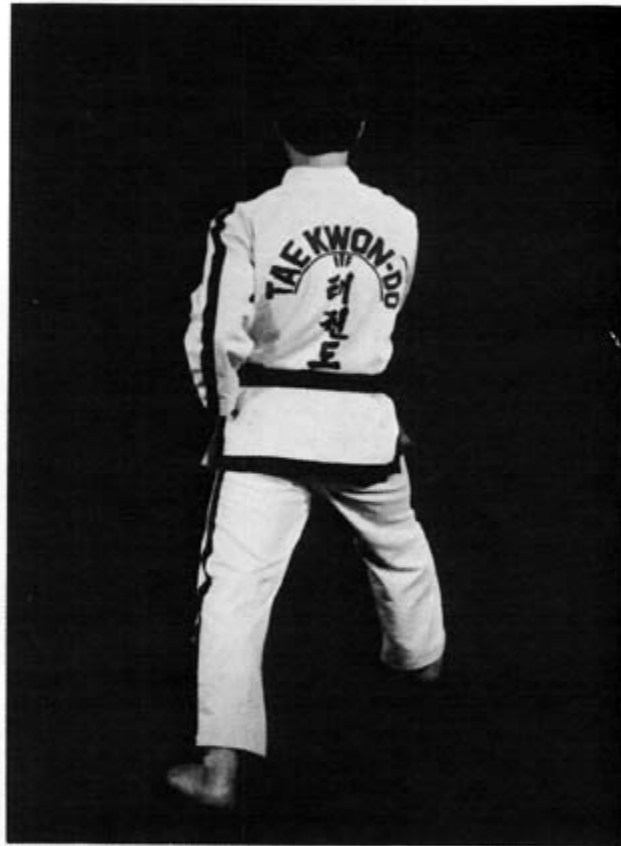


Top View

Side View



6. Move the right foot to C, forming a right walking stance toward C, at the same time executing a middle side block to C with the right inner forearm.



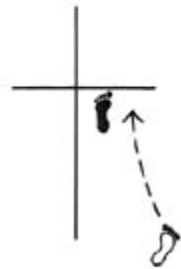
Right walking stance inner forearm
middle side block toward C.

Application

Previous Posture



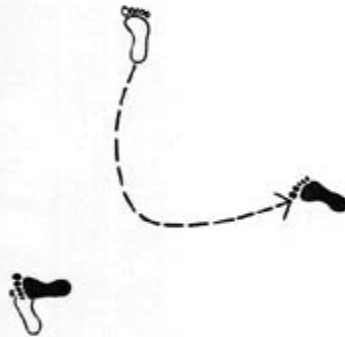
Side View



Other View

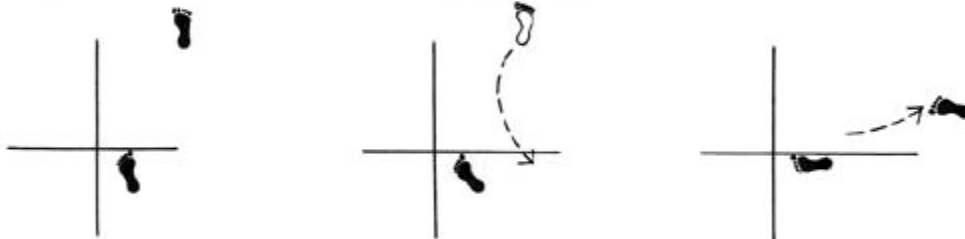
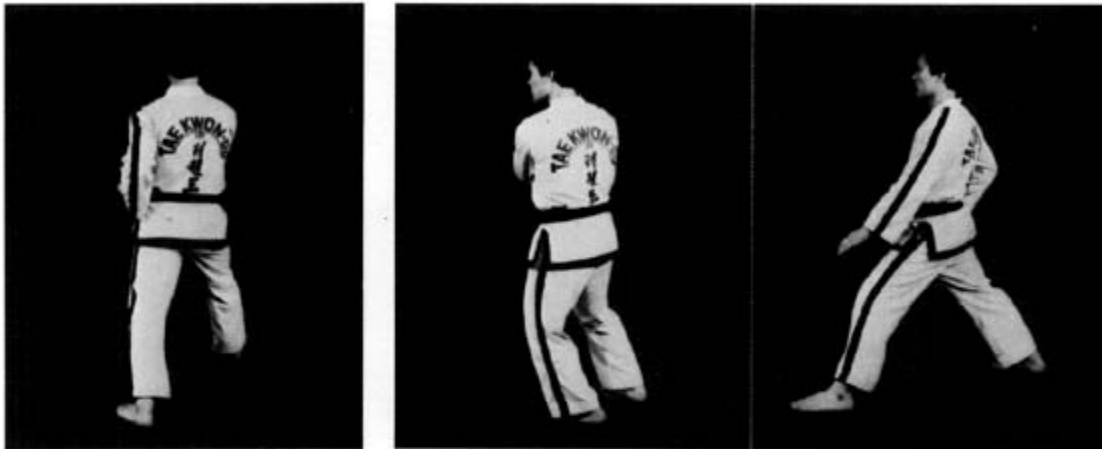


7. Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left knife-hand.



Left walking stance knife-hand
low block toward A.

Previous Posture



Application

**Block is executed at
the inner tibia.**

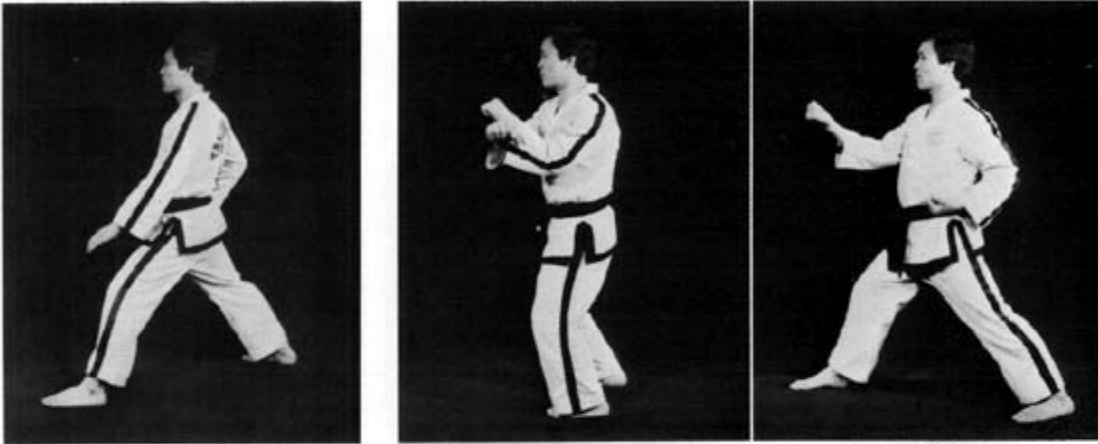


8. Move the right foot to A, forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.

Right walking stance inner forearm middle side block toward A.



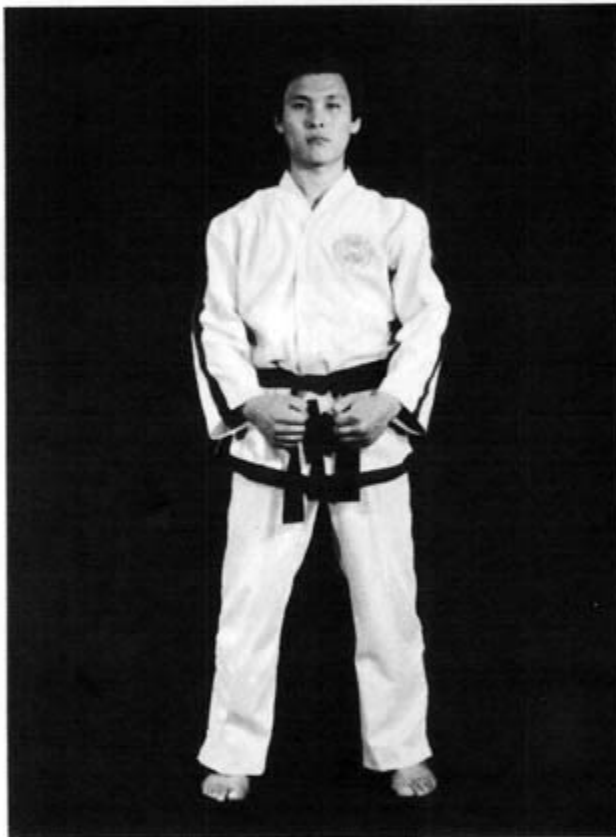
Previous Posture



Application



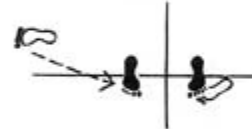
END. Bring the right foot back to a ready posture.



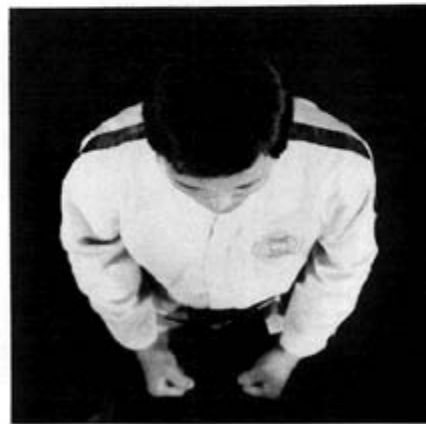
**Parallel ready stance
toward D.**



Previous Posture



Side View



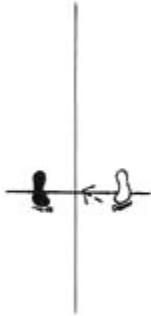
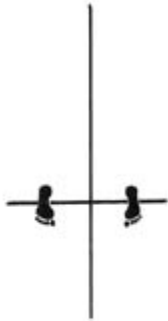
Top View

1. Move the left foot to C, forming a right walking stance toward D while executing a low block to D with the right knife-hand.



**Right walking stance low block
with the knife-hand toward D.**

Previous Posture



Application



The block is executed at the outer tibia.

Keep both forearms crossed in front of the rib cage, placing the blocking one on the other.

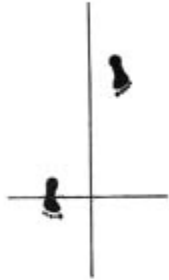
Keep the body half facing the opponent.

2. Move the left foot to D, forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.



Left walking stance inner forearm
middle side block toward D.





Previous Posture



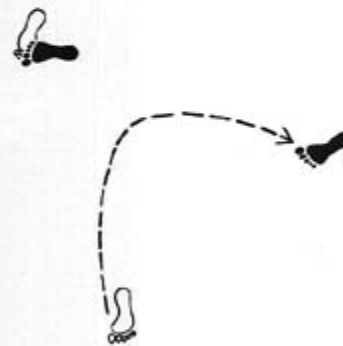
Application



Top View

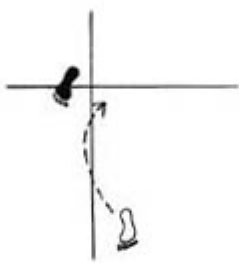


3. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right knife-hand.



Right walking stance low block
with a knife-hand toward A.

Previous Posture



Application



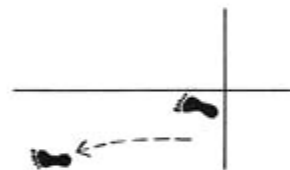
4. Move the left foot to A, forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.



Left walking stance middle side block with the inner forearm toward A.



Previous Posture

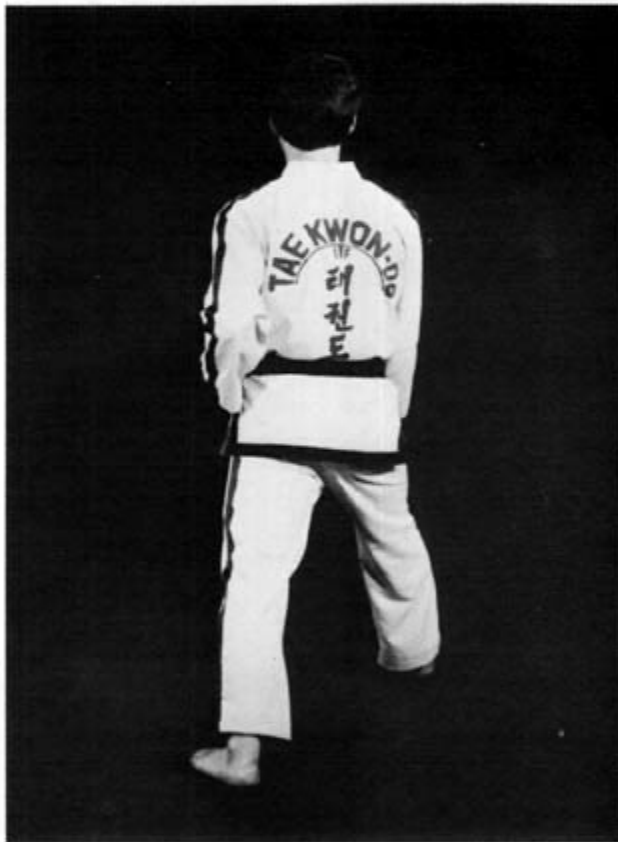


Top View



Application

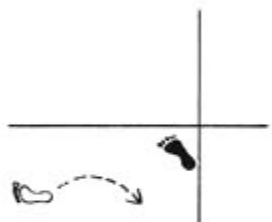
5. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right knife-hand.



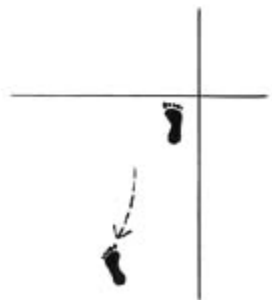
Right walking stance low block with a knife-hand toward C.



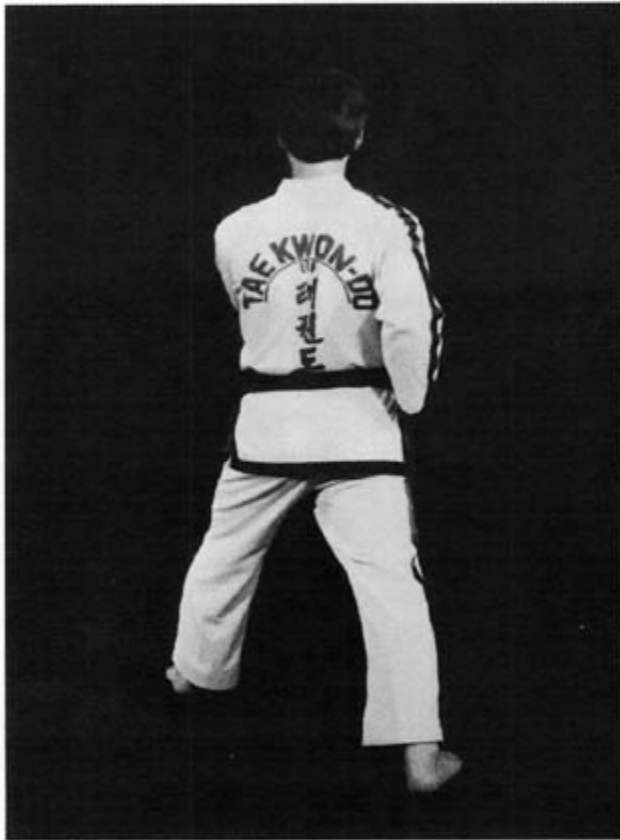
Previous Posture



Other View



6. Move the left foot to C, forming a left walking stance toward C, at the same time executing a middle side block to C with the left inner forearm.



Left walking stance side block with the inner forearm toward C.

Previous Posture

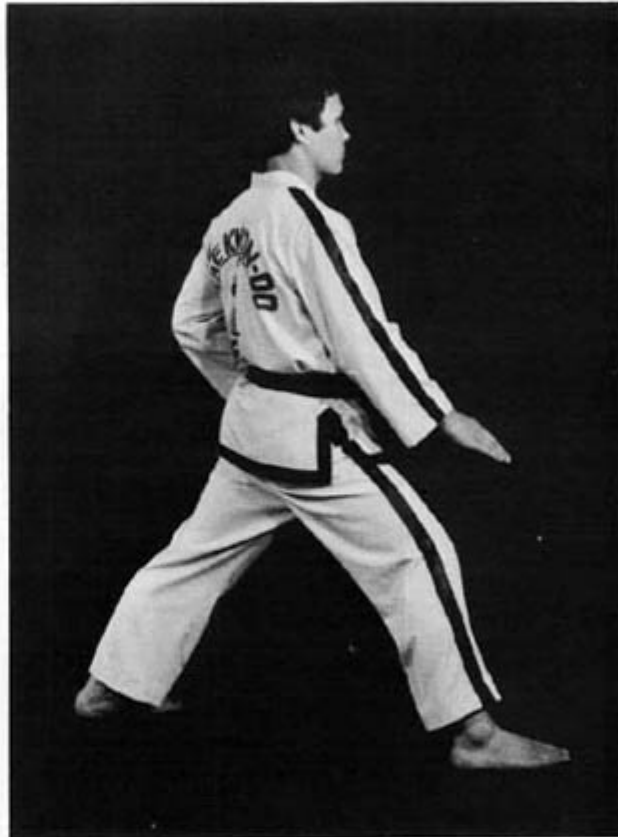


Application

Side View



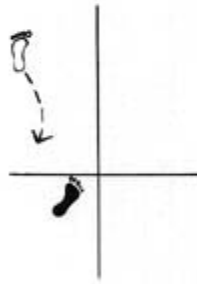
7. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right knife-hand.



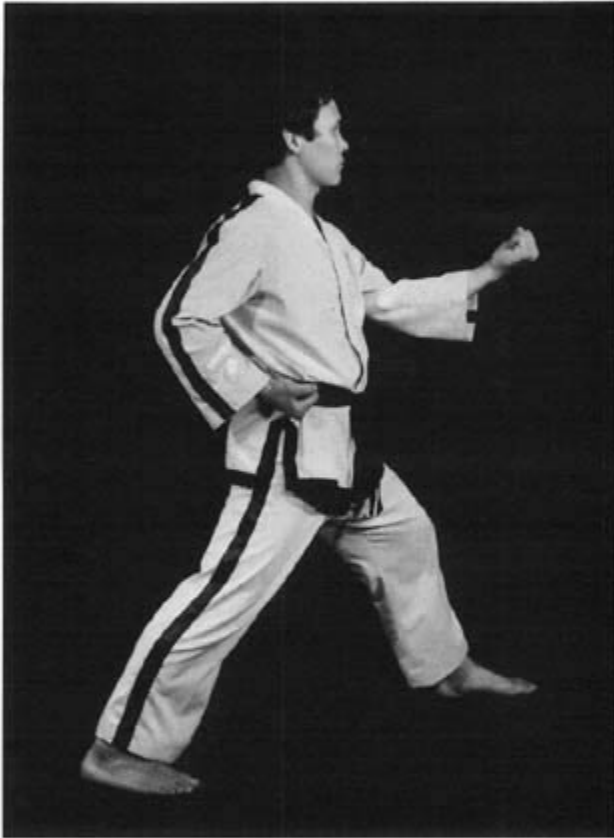
Right walking stance low block with a knife-hand toward B.



Previous Posture



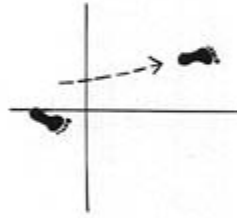
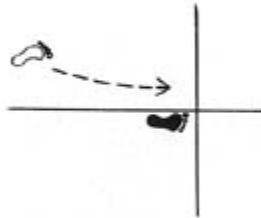
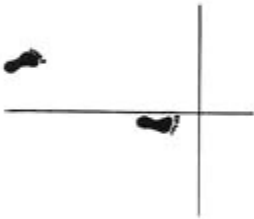
8. Move the left foot to B, forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.



Left walking stance middle side block with the inner forearm toward B.



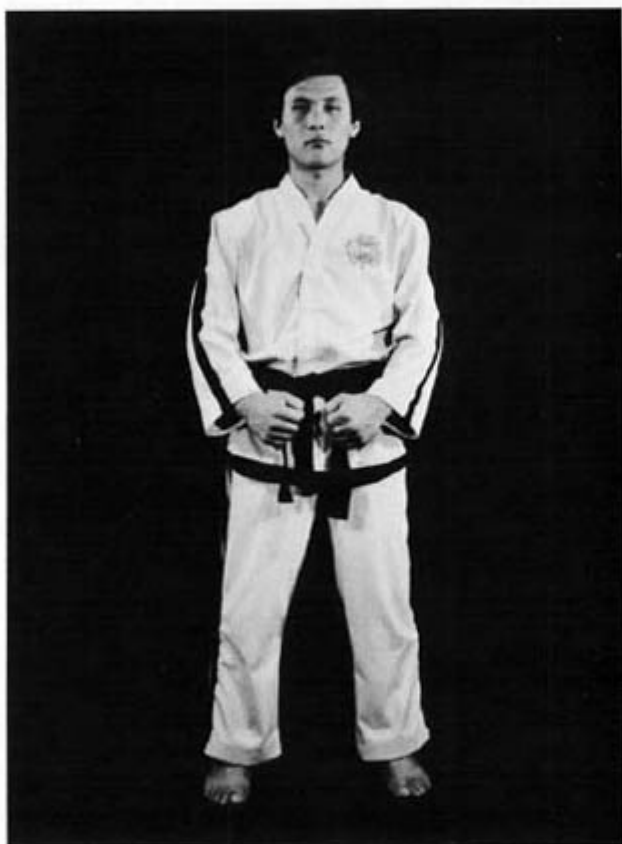
Previous Posture



Application



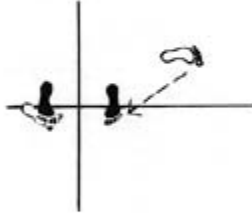
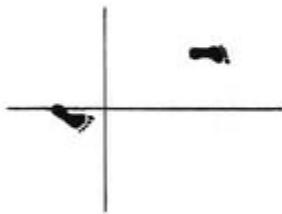
END. Bring the left foot back to a ready posture.



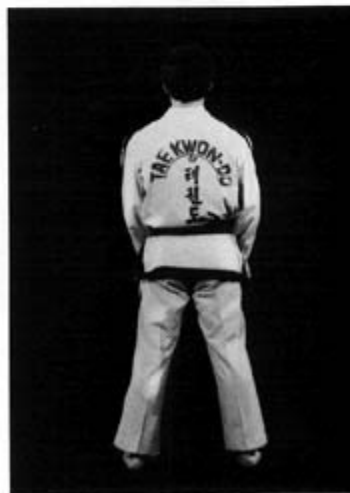
**Parallel ready stance
toward D.**



Previous Posture



Back View



**TECHNIQUES FOR
THE BEGINNER OR
10TH GRADE HOLDER**

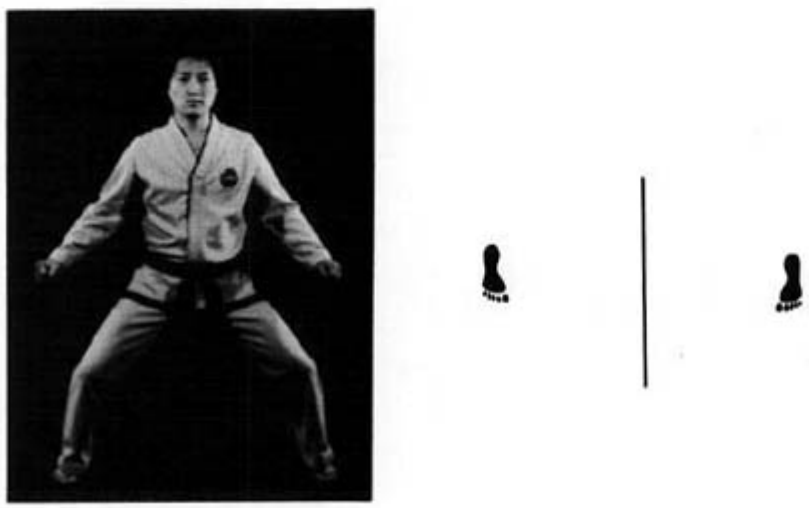
IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance



Sitting stance



Walking Stance (*Gunnun Sogi*)

Front View



Back View



L-stance (*Niunja Sogi*)

Front View



Back View

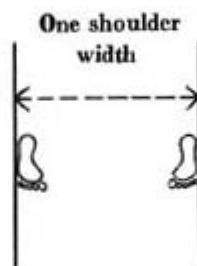


Stance (*Sogi*)

Parallel Stance (*Narani Sogi*)



Front View



Side View

Parallel Ready Stance (*Narani Junbi Sogi*)

Front View



Back View

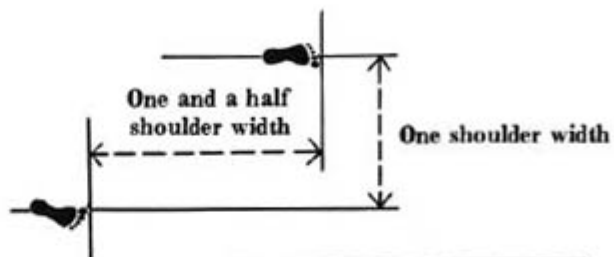


Top View

Walking Stance (*Gunnun Sogi*)



Side View



Back View

Right Walking Stance



Front View

Left walking stance



Front View

Walking Stance Forearm Low Block
(Gunnun So Palmok Najunde Makgi)

Front View



Front View



Side View



Top View



- * 1. The forearm reaches the same level as the lower abdomen of the defender.
- 2. The body becomes half facing the opponent.

Walking Stance Middle Front Punch
(Gunnun So Kaunde Ap Jirugi)

Front View



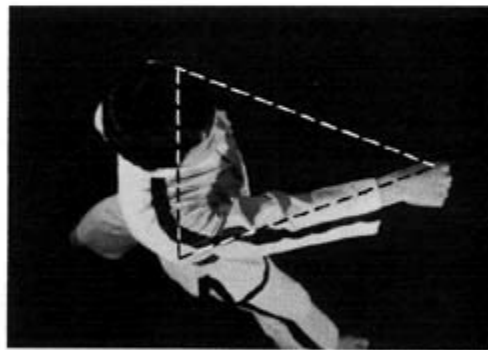
Front View



Side View



Top View



- * 1. The fist forms a vertical line with the toes.
- 2. The fist reaches the same level as the shoulder of the attacker.
- 3. The fist is brought to the center of the attacker's body.

Walking Stance Knife-hand Low Block
(Gunnun So Sonkal Najunde Makgi)

Front View



Front View



- * 1. The knife-hand reaches the same level as the scrotum of the defender.
- 2. The body becomes half facing the opponent.

Back View



Top View



Walking Stance Inner Forearm Middle Block
(Gunnun So An Palmok Kaunde Makgi)



Front View



Front View

Side View



Top View

- * 1. The fist reaches the same level as the shoulder of the defender.
- 2. The body becomes half facing the opponent.
- 3. The forearm becomes full facing the opponent.

Stepping (*Omkyo Didigi*)

Stepping forward



Stepping backward



- * 1. The body must always be half facing when stepping backward and forward.
- 2. Stepping is executed in an outward curved line.
- 3. The knee of the stationary leg springs slightly up during the stepping motion.

Inside and Outside blocks
(An Makgi Wa Bakat Makgi)

Inside Block (*An Makgi*)



Side View

The block is executed at the opponent's inner forearm.

Outside Block (*Bakat Makgi*)



Side View

The block is executed at the opponent's outer forearm.



Side View

The block is executed at the opponent's inner tibia.



Side View

The block is executed at the opponent's outer tibia.