

Centerline Martial Arts

8th Gup Yellow Belt Testing Requirements



Physical Requirements For 8th Gup Yellow Belt Testing

Chon-Ji

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 heaven, the other the earth.

+ Diagram: “plus” sign
Moves: 19

Kicks

Side Piercing Kick (Yopcha Jirugi)

Used to attack an opponent to the flank

Targets: Temple, face, bridge of the nose, philtrum, upper neck, neck artery, armpit, heart, floating ribs, solar plexus, liver, knee joint, tibia and ankle joint

Attacking Tool: The footsword

Facing: Side

Location: Low, middle and high sections

Combination Kicks (Honap Chagi)

Kicks executed in succession using both feet

Ho Sin Sul

Joint attack from double-handed choke

Joint attack from single straight grab to wrist

Joint attack from single cross grab to wrist

Joint attack from double grab to the wrists

Joint attack from single grab to the lapel

Forward Roll

Back Roll

Breaking

Power Foot Break

Front snap kick

Hand Break (select one)

Front punch with forefist (adults only)

Side fist side strike

Step Sparring

3 Step (Sambo Matsogi)

1 Way

Charvyot:

Bow only if first routine

Instructions:

The defender will tell the attacker what techniques to perform and what stances to use

Measure:

Attacker steps forward measuring with right foot

Junbi:

After measuring step back left walking stance, obverse low block with outer forearm or into a right L-stance reverse low block with outer forearm.

Ki-ap to signal ready to attack

Simultaneously the defender steps with left foot into parallel ready stance

*The Attacker's junbi position is determined by the defender, and depends on what stance the defender wants to be attacked from

Attack/Defense:

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, execute 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.

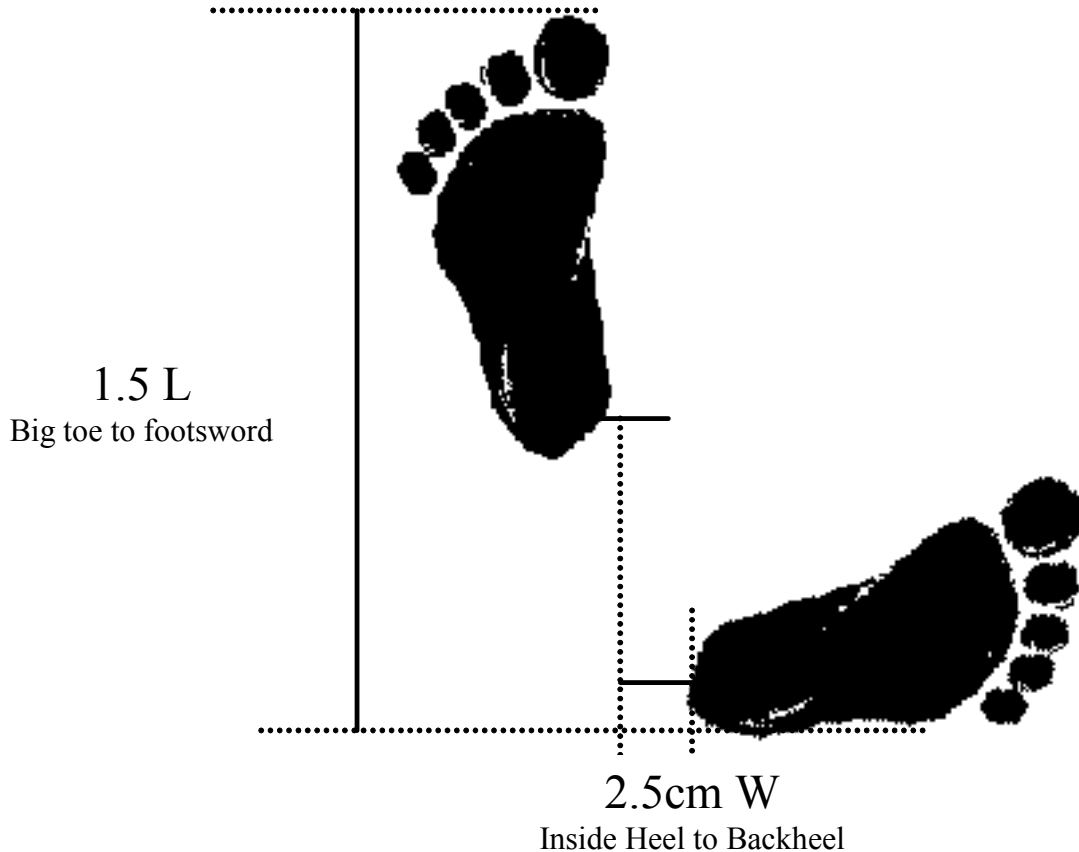
*If the counterattack is a kick the defender will always first step down into an L-Stance, Middle Guarding Block and then step **back** to Baro

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.

L – Stance (Niunja Sogi)



Length: 1.5 shoulder width

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

Width: 2.5cm/1 inch

Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 30% / 70%

Available Facings: Half

Additional Notes: The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

Knowledge Requirements For 8th Gup Yellow Belt Testing

Meaning Of Yellow Belt

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

The country where Taekwon-Do originated

Korea

The father of Taekwon-Do and his rank

General Choi Hong Hi, 9th Dan Grand Master

The Literal Translation Of Taekwon-Do

Tae – Jumping, flying, to kick or smash with the foot

Kwon – Fist, to punch or destroy with the hand or fist

Do – The art or way

Taekwon-Do – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

The Belt Rank System

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10th gup low white belt is the lowest and the 1st gup high red belt is the highest. For the black belts 1st dan is the lowest and the 9th dan is the highest.

The Nine Points To Be Observed While Performing A Pattern

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

Additional Required Knowledge

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 |

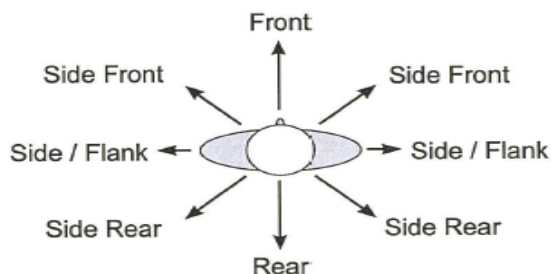
Etiquette

- 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

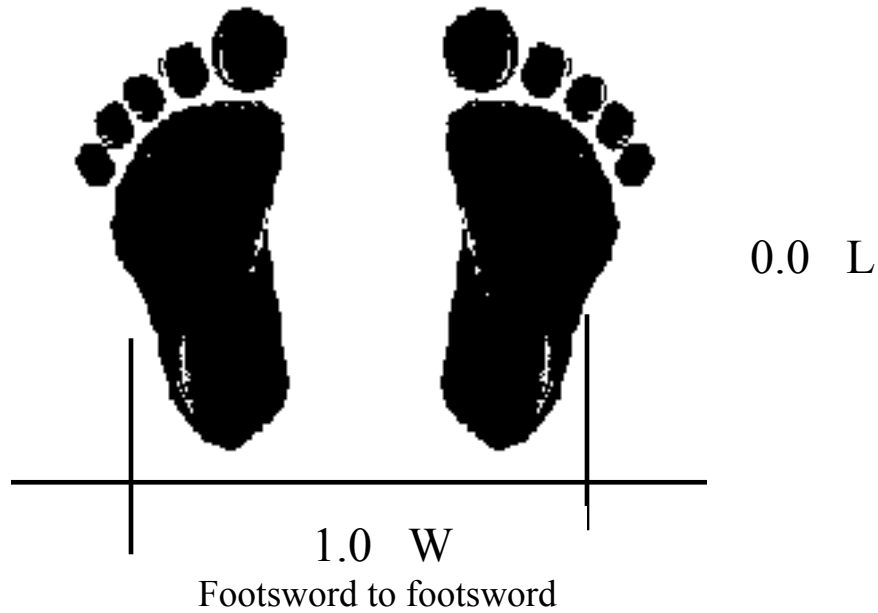
Measured From: **Front:** N/A
 Rear: N/A

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

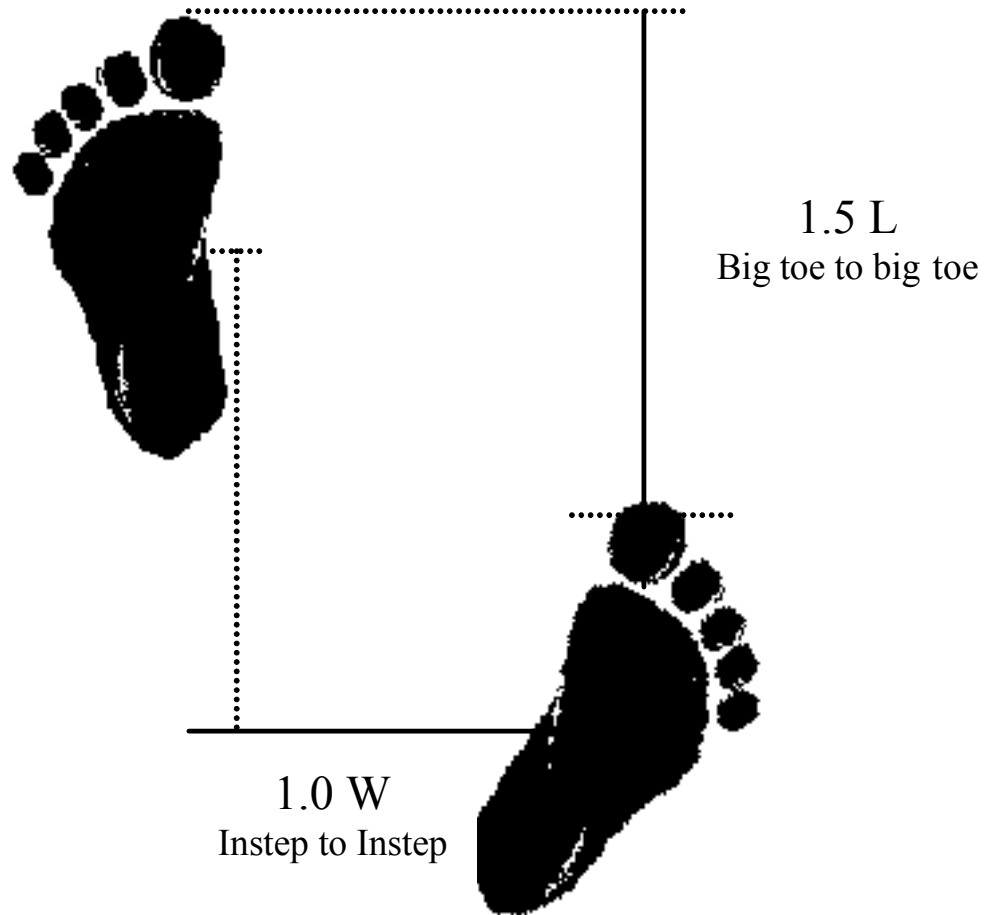
Measured From: **Front:** Footsword
 Rear: Footsword

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°

Walkii (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.

PATTERN CHON-JI (*Chon-Ji Tul*)

**This pattern is practised by the
9th grade holder and above.**

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 heaven, the other the earth.

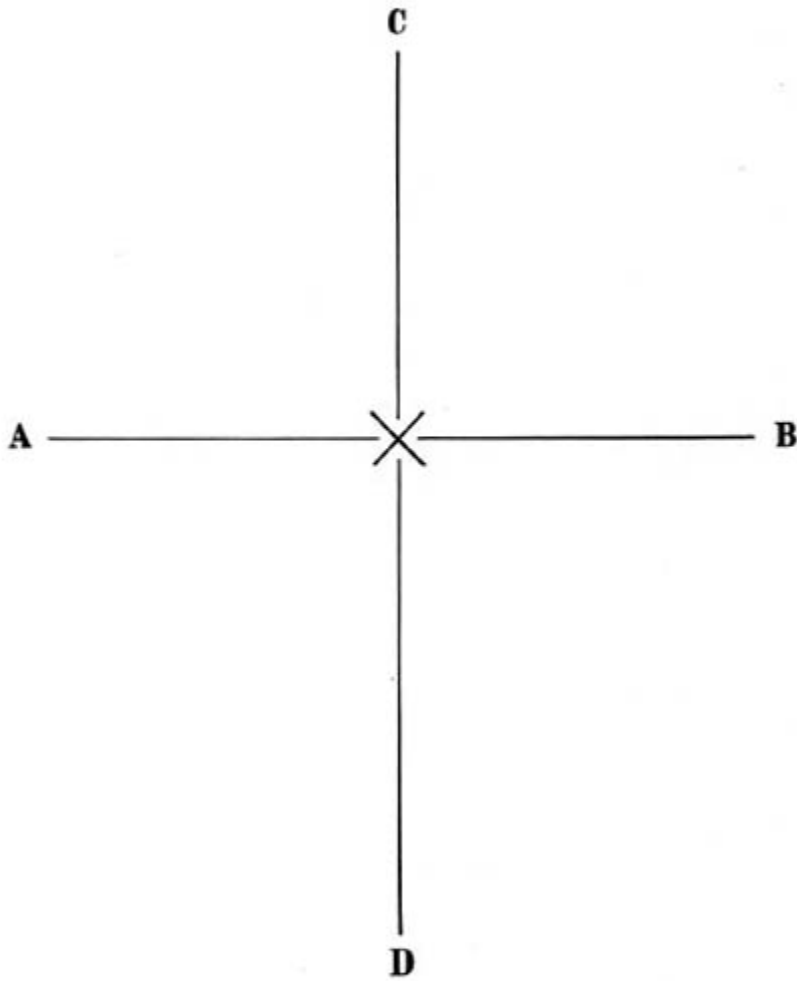
DIAGRAM: +

MOVEMENTS: 19

READY POSTURE: PARALLEL READY STANCE

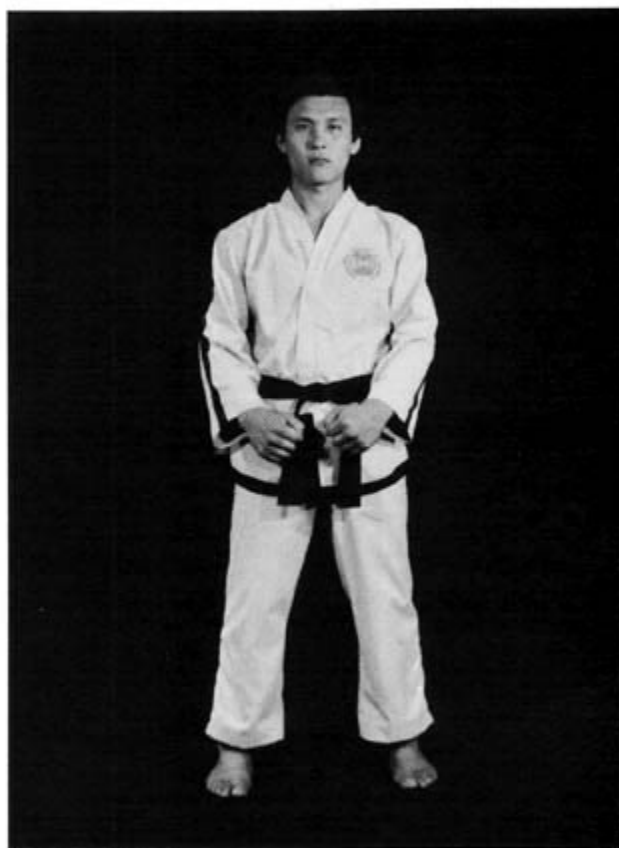
Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

DIAGRAM (*Yon Moo Son*)

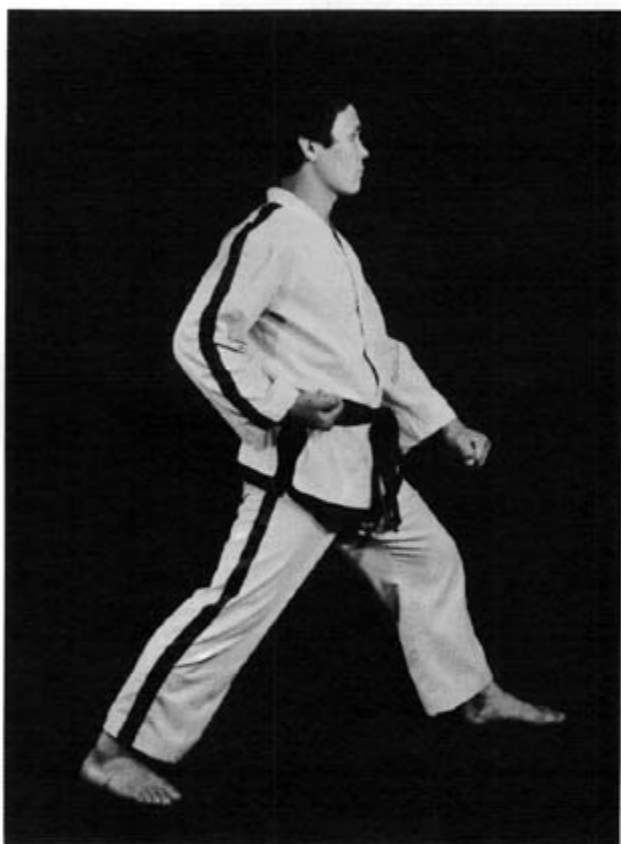


Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



1. Move the left foot to B, 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.



Top View



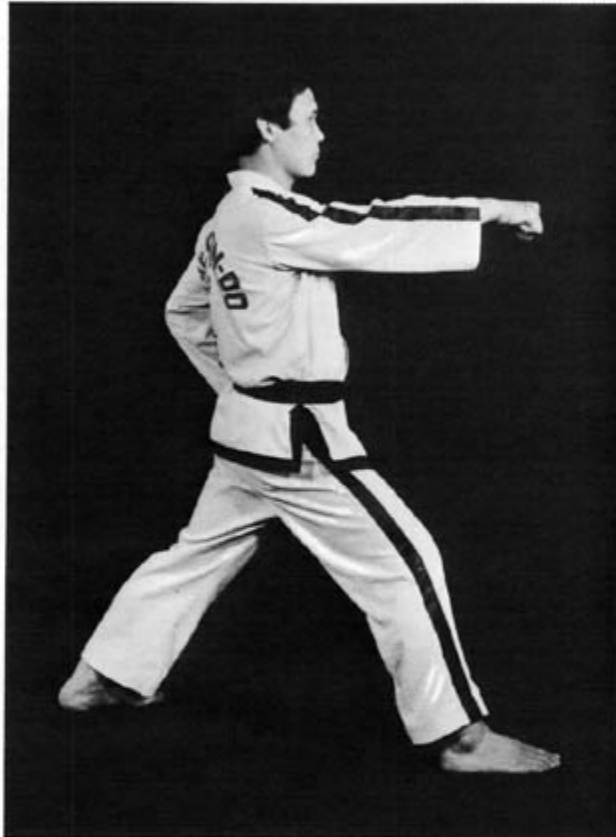
Keep the back forearms crossed in front of the right chest, placing the left forearm on the other.

Previous Posture



Application

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



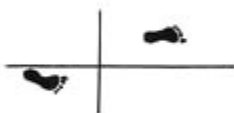
Right walking stance middle punch toward B.



Top View



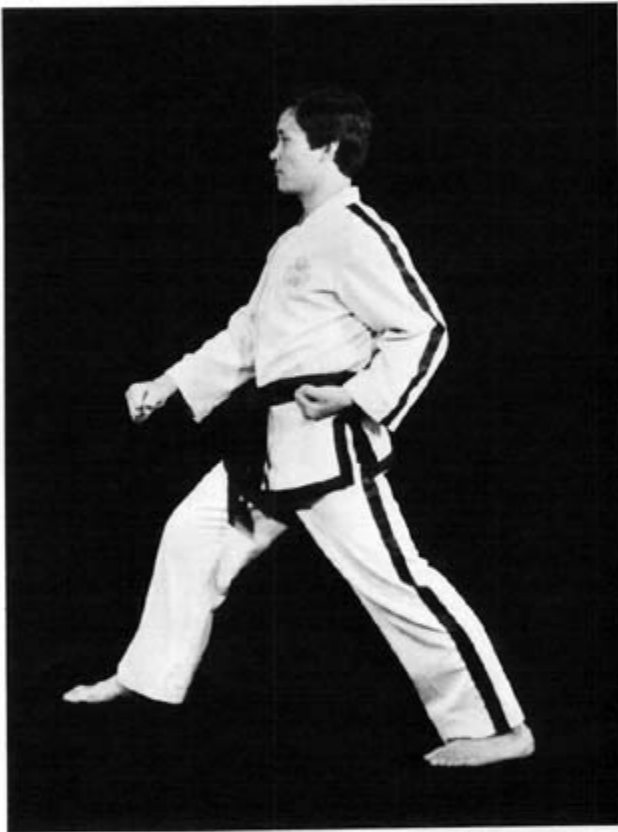
Previous Posture



Application



3. Move the right foot to A, turning clockwise to form 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



Application

Front View



4. 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 toward A.



Application



Top View

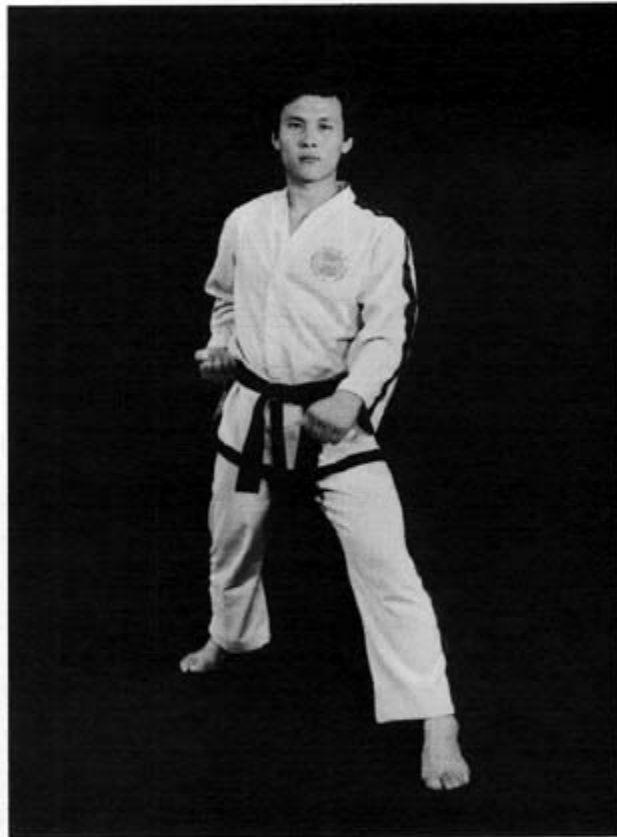
Top View



Previous Posture

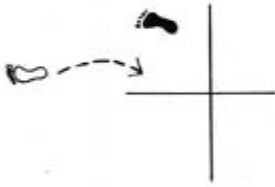
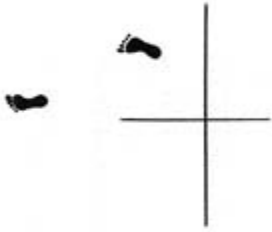


5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.

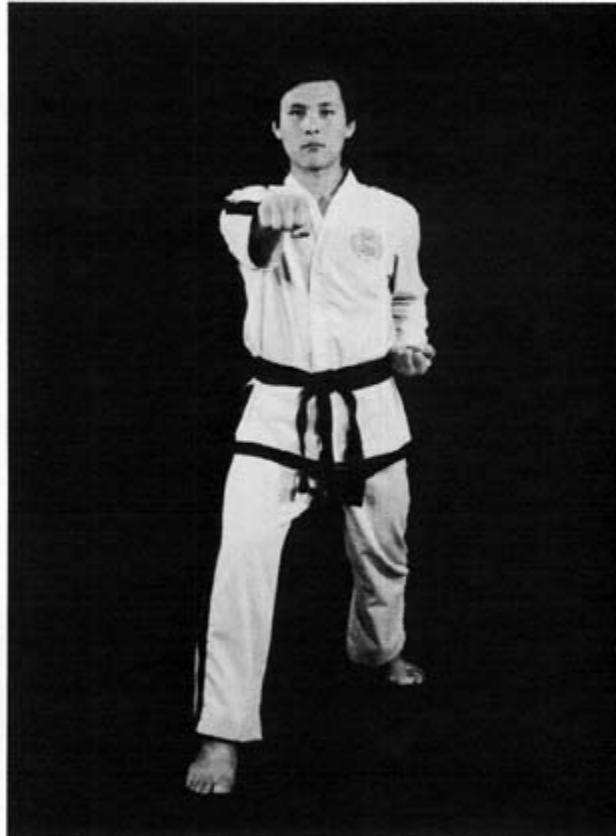


Left walking stance forearm low block toward D.

Previous Posture

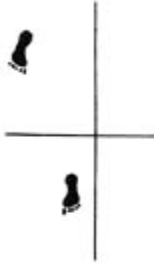


6. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch toward D.

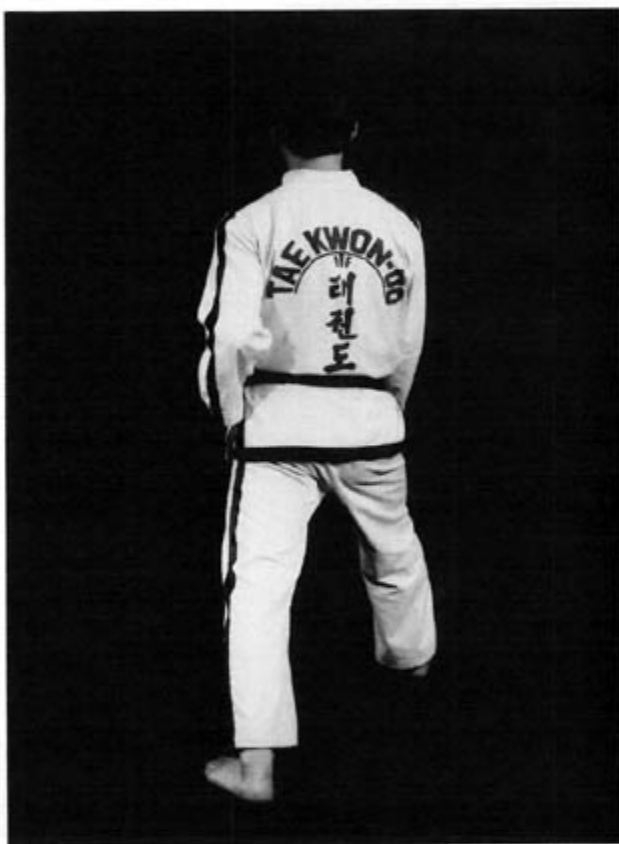
Previous Posture



Top View



7. Move the right foot to C, turning clockwise to form 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



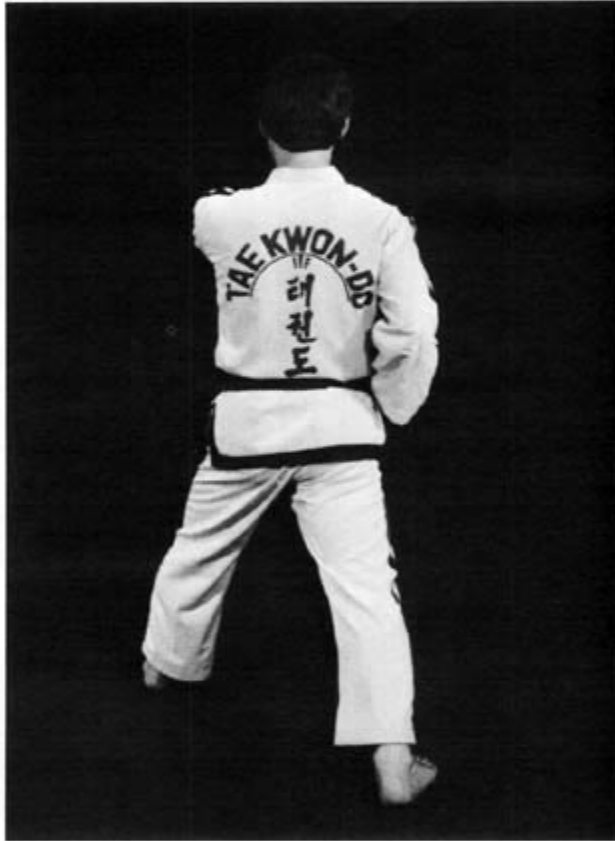
Top View



Side View

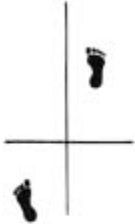


8. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.



Left walking stance middle punch toward C.





Previous Posture

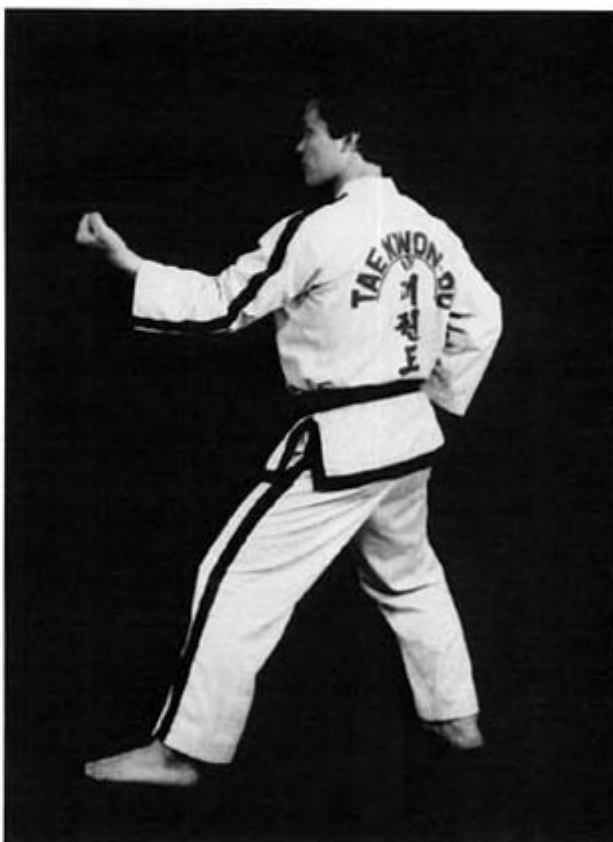


Other View



9. Move the left foot to A, forming a right L-stance toward A while executing a middle block to A with the left inner forearm.

Right L-stance inner forearm block toward A.



Keep the forearms crossed in front of the right chest with both back fists facing upward, placing the blocking one under the other.



Top View

Previous Posture



Application



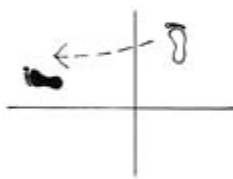
10. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.



Right walking stance middle punch toward A.



Previous Posture



Application



11. Move the right foot to B, turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.



Left L-stance inner forearm
middle block toward B.



Top View



Previous Posture



Application

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



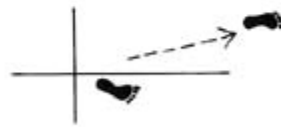
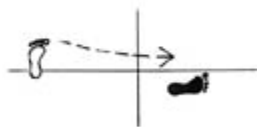
Left walking stance middle punch toward B.



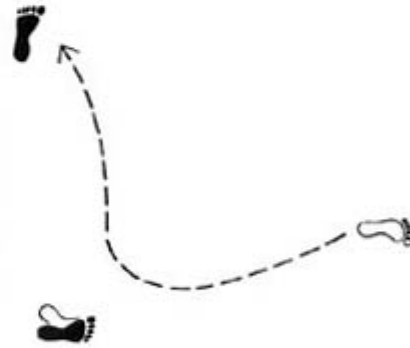
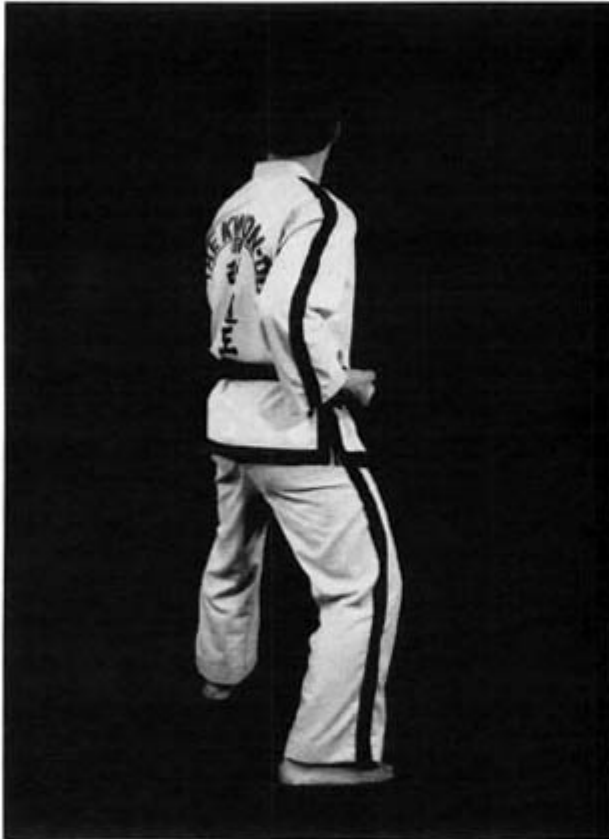
Front View



Previous Posture



13. Move the left foot to C, forming a right L-stance toward C while executing a middle block to C with the left inner forearm.



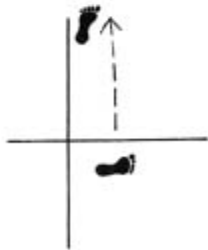
Right L-stance inner forearm
middle block toward C.



Previous Posture

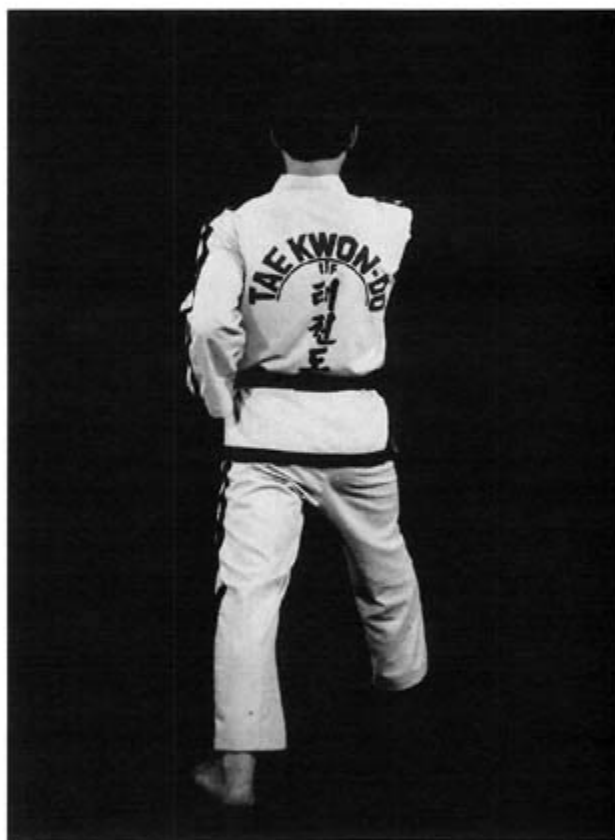


Top View

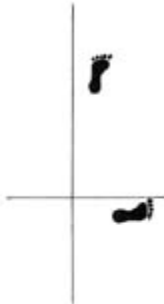


Side View

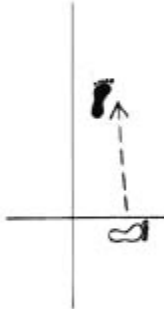
14. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.



Right walking stance middle punch toward C.



Previous Posture



Other View



15. Move the right foot to D, turning clockwise to form a left L-stance toward D while executing a middle block with the right inner forearm.



Left L-stance inner forearm
middle block toward D.

Previous Posture



Top View



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

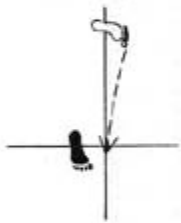


Left walking stance middle punch toward D.





Previous Posture



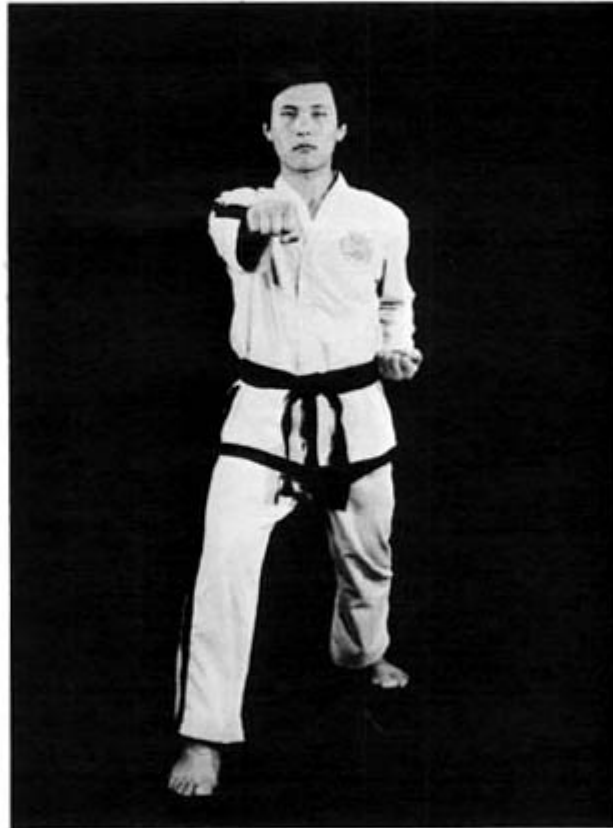
Application



Top View

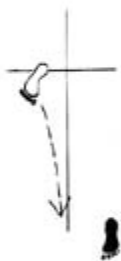


17. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.

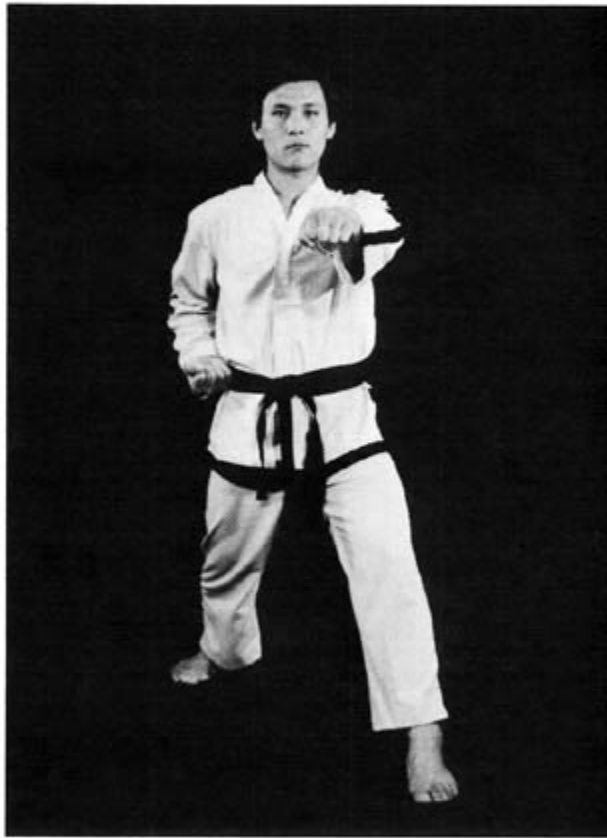


Right walking stance middle punch toward D.

Previous Posture



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



Left walking stance middle punch toward D.



Previous Posture



Side View

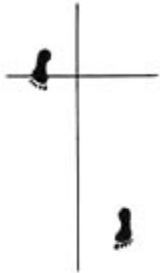


Application

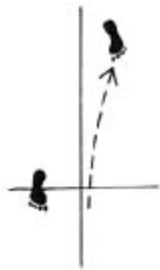
19. Move the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch toward D.



Previous Posture

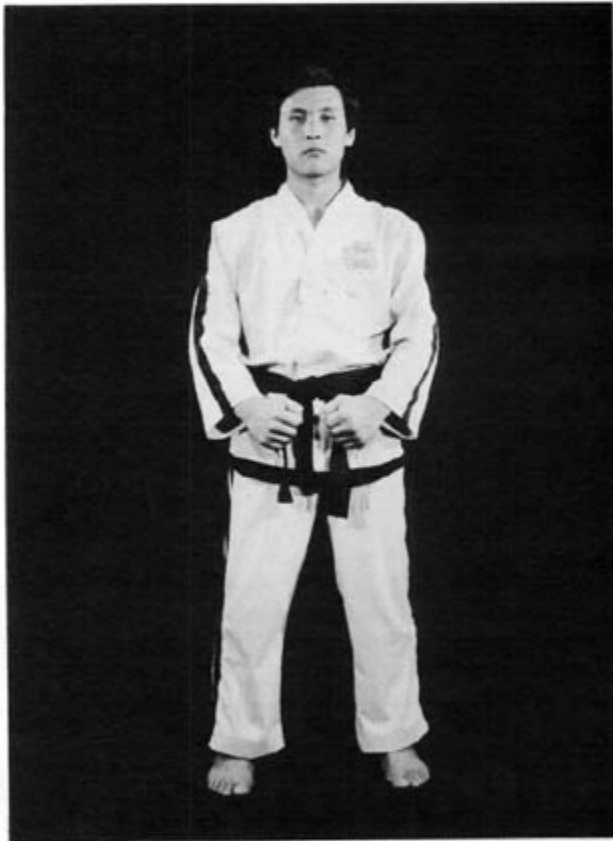


Application



Side View

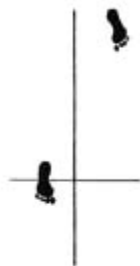
END. Bring the left foot back to a ready posture.



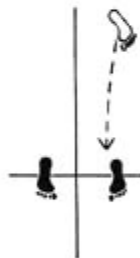
Parallel ready stance toward D.



Previous Posture



Side View



Top View

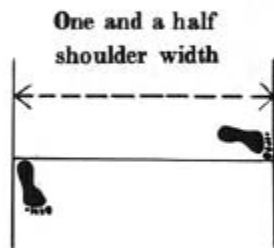


**ADDITIONAL TECHNIQUES
FOR
PATTERN CHON-JI**

L-Stance (*Niunja Sogi*)



Front View



Side View



Top View



Side View

L-Stance Inner Forearm Middle Block
(Niunja So An Palmok Kaunde Makgi)



Front View

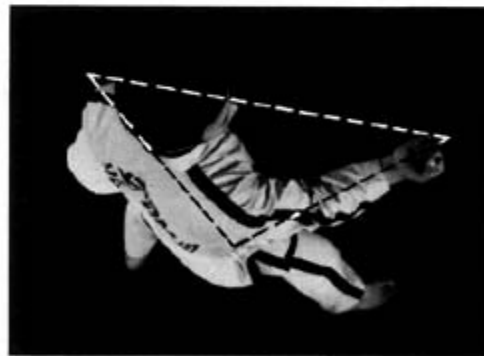


Front View

Side View



Top View



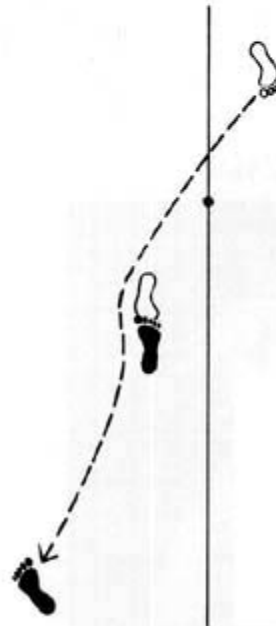
- * 1. The fist reaches the same level as the shoulder of the defender.
- 2. The fist forms a triangle with the shoulders.

Forward Step-Turning (*Apuro Omgyo Didimyo Dolgi*)

Right walking stance toward D.



Clockwise turning



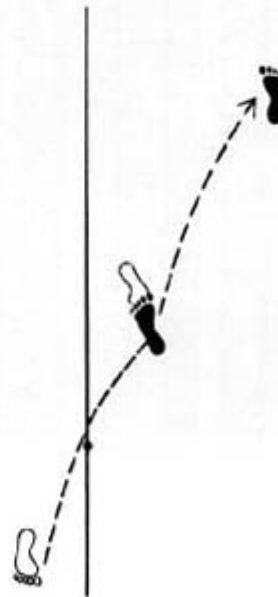
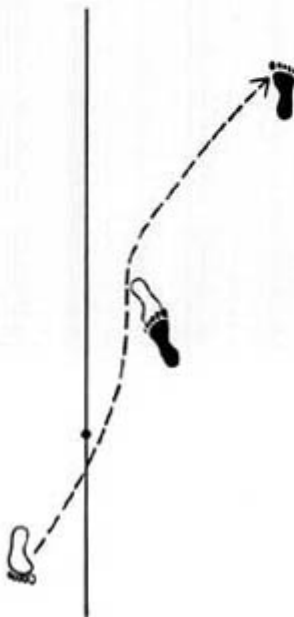
Counter-clockwise turning

Backward Step-Turning (*Dwiro Omgyo Didimyo Dolgi*)

Right walking stance toward D.



Clockwise turning



Counter-clockwise turning