

PROMOTION TEST STUDY GUIDE WHITE BELT TO YELLOW BELT

FORM

Name- (ITF) *Chon-ji*

Meaning- Heaven and Earth or Beginning; 19 movements, 11 offensive, 8 defensive, 3 techniques (low block, middle punch to solar plexus, side block)

Name- (WTF) *Il- Jang*

Meaning- Palgwe Il Jang- Concept of Heaven (Keon) It is symbolic of the beginnings of life, and it is the basic principal of this introductory hyung.

FOOT AND HAND TECHNIQUES:

| <i>THE FOUR STANCES</i> | <i>FOOT TECHNIQUES</i> | <i>HAND TECHNIQUES</i> | <i>SPARRING</i> |
|-------------------------|------------------------|------------------------|--------------------|
| Walking stance | Front kick | Single punch | Know 6 basic moves |
| Horse stance | Side kick | Double punch | |
| L- stance | Roundhouse kick | Triple punch | |
| Ready stance | Step side kick | | |

DEMONSTRATE: Tie uniform belt, perform above techniques, yell (Ki hap) in a loud voice

SELF-DEFENSE: Two techniques against; **Knee Strike** / Left & Right Hand Low Block/ Double palm strike to attackers solar plexus (middle of chest)
Right Hand Punch or shoulder grab/ Left Hand Side Block/ Outer Reaping with Right Leg

WEAPONRY: Bong Il Hyung up to- 12 moves at count; Demonstrate weapon of choice

BREAKING: One board any technique

TERMINOLOGY: *Count to ten in Korean:* 1= hana, 2= tul, 3=set, 4-net, 5=da suht, 6=yuh suht, 7=il goh, 8=yul dul, 9=a-hoe, 10=yul

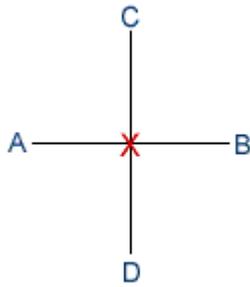
Tenants of Tae Kwon Do: Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit

Tae Kwon Do Oath: I shall observe the tenants of Tae Kwon Do, I shall respect my instructors and seniors, I shall never misuse Tae Kwon Do, I shall be a champion of freedom and justice, I shall help build a more peaceful world.

DISCIPLINE: Mr., Mrs., Miss., Ms., Your instructor's full name, (Ms Tina Fuller); Make sure to use- Yes Sir, No Sir, Yes Ma'am, No Ma'am; Know your age in Korean; Know your parent's birthdays and full names using Mr., Mrs. or Miss

VOCABULARY: **Tae-** foot, **Kwon-** hand, **Do-** art, **Shi jak-** begin, **Goman-** stop, **Junbi-** ready, **Paro-** return (to ready position), **Ki hap-** yell, **Shi uh-** at ease, bow, relax, **Charyot-** attention, **Kong ye-** bow, **Gook gi-** flag, **Kima jasea** **Junbi-** horseback riding stance ready

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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.

Movements - 19

Ready Posture - PARALLEL READY STANCE (facing D)

The illustrations for this pattern assume that the student is standing on line AB and facing 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.
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.
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.
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.
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.
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.
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.
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.
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.
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.

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- 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.

 - 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.

 - 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.

 - 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.

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

 - 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.

 - 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.

 - 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.

 - 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.
- END:** Bring the left foot back to a ready posture.