



# Yellow Tag Cheat Sheet

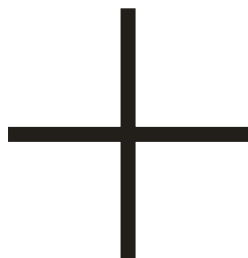
Everything you need for your 9th Kup grading · Pattern: Chon-Ji



## The Pattern — Chon-Ji

19 MOVES

### FLOOR PATTERN



### FIRST MOVE



Begin: Parallel Ready Stance

### MEANING

Chon-Ji means literally Heaven and 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. It consists of two similar halves, one to represent Heaven the other Earth.



## Pattern Movements

19 MOVES

1. Outer Forearm Block (Low · W · Turn Left 90°)
2. Obverse Punch (Middle · W · Forward)
3. Outer Forearm Block (Low · W · Turn Right 180°)
4. Obverse Punch (Middle · W · Forward)
5. Outer Forearm Block (Low · W · Turn Left 90°)
6. Obverse Punch (Middle · W · Forward)
7. Outer Forearm Block (Low · W · Turn Right 180°)
8. Obverse Punch (Middle · W · Forward)
9. Inner Forearm Block (Middle · L · Turn Left 90°)
10. Obverse Punch (Middle · W · Forward)
11. Inner Forearm Block (Middle · L · Turn Right 180°)
12. Obverse Punch (Middle · W · Forward)
13. Inner Forearm Block (Middle · L · Turn Left 90°)
14. Obverse Punch (Middle · W · Forward)
15. Inner Forearm Block (Middle · L · Turn Right 180°)
16. Obverse Punch (Middle · W · Forward)
17. Obverse Punch (Middle · W · Forward)
18. Obverse Punch (Middle · W · Backward)
19. Obverse Punch (Middle · W · Backward)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



## Theory the Examiner May Ask

### THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

### MEANING OF THE BELT

Earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid

### THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



## Korean Terms — This Grade

7 TERMS

| KOREAN                     | ENGLISH                            |
|----------------------------|------------------------------------|
| Najunde Bakat Palmok Makgi | Low Section Outer Forearm Block    |
| Kaunde An Palmok Makgi     | Middle Section Inner Forearm Block |
| Doo Jirugi                 | Double Punch                       |
| Ap Chagi                   | Front Kick                         |
| Kaunde Ap Joomuk Jirugi    | Middle Section Forefist Punch      |
| Tul                        | Pattern                            |
| Palmok Daebi Makgi         | Forearm Guarding Block             |



## Line-Work For This Grading 8 DRILLS

1. Sitting stance double punch
2. Walking stance low block, rising block
3. L stance middle block
4. Front kick, walking stance
5. L stance forearm guarding block
6. L stance knife hand strike
7. Walking stance middle block, reverse punch
8. Walking stance double punch



## Grading Checklist

TICK AS YOU GO

- |                                                      |                                                            |
|------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Chon-Ji, all 19 movements   | <input type="checkbox"/> Meaning of Chon-Ji                |
| <input type="checkbox"/> Line-work — all 8 drills    | <input type="checkbox"/> Korean terminology for this grade |
| <input type="checkbox"/> The five tenets, in order   | <input type="checkbox"/> Theory of power, all six          |
| <input type="checkbox"/> Meaning of your belt colour | <input type="checkbox"/> Dobok clean, belt tied properly   |



## Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.



## Drill this on the way to class

The Yellow Tag deck turns what's new at Yellow Tag into 7 printed quick-fire cards, posted to you. £8.99 at [tkd-toolkit.com/shop](https://tkd-toolkit.com/shop). Decks are cumulative: buy the one for the belt you wear now, plus any earlier decks you don't have.

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