



9th KUP SYLLABUS

PRACTICAL TEST

PATTERNS

Chon-Ji Tul - (19 movements)

4 Direction Punch - Saju Jirugi (14 movements)

4 Direction Block - Saju Maki (16 movements)

Chon-Ji means literally “heaven and 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 performed by the beginner. This pattern consists of two similar parts: one representing the Heaven, and the other the earth.

BASIC HAND TECHNIQUES

Sitting Stance, double punches - Annun so doo Jirugi

L Stance inner forearm block - Niunja sogi an Palmok Kaunde maki

L Stance forearm guarding block - Niunja sogi Palmok daebi maki

Walking stance outer forearm block – Gunnun so Bakat Palmok maki

BASIC KICKING TECHNIQUES:

Side piercing kick - Yop cha Jirugi

Turning kick - Dollyo chagi

COMBINATION TECHNIQUES:

Walking stance inner forearm block, reverse punch

Walking stance front snap kick, double punches

L Stance front snap kick, turning kick

L Stance front snap kick, side piercing kick



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THREE STEP SPARRING: 1-2-3

THEORY TEST:

The two blocking techniques in Chon-Ji? *Forearm low block (Najunde Bakat Palmok maki) and Inner forearm middle block (Kaunde anpalmok maki)*

The two stances in Chon-Ji? *Walking stance (Gunnun Sogi) and L Stance (Niunja sogi).*

The purpose of 3 step sparring? *Teaches students proper distance, correct facing, counter attack, forearm conditioning and blocking techniques.*

TERMINOLOGY

L stance	- Niunja sogi
At ease	- Sho
Begin	- Shi-jok
Stop	- Goman
Uniform	- Dobok
Training Hall	- Dojang
Pattern	- Tul (hyung, poomse)
High	- Nopunde
Middle	- Kaunde
Low	- Najunde
Head	- Mori
Right	- Oren
Left	- Wren
Reverse Punch	- Badae Jirugi
Ball of foot	- Ap kumchi
Footsword	- Balkal