

**9th gup High White–8th gup Yellow Belt Training Sheet**
—Know all previous techniques!**Definitions****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 the Heaven and the other the Earth. (19 movements)

Help point:

All low blocks and punches in Chon-Ji are performed in a front stance. All middle blocks are performed in a back or L-stance.

Turning always alternates between 90 and 180 degrees starting with a 90-degree turn to your left. Always turn toward the arm you have just punched with (if you punched with your right hand, then turn to your right).

Five Points of Power

Speed, balance, focus, breath control, reaction force

Count to 10 in Korean

1 hana	3 set	5 tassot	7 illgop	9 ahop
2 dull	4 net	6 yassot	8 yaudul	10 yaul

Kicks and Foot Techniques

- Front kick with the ball of the foot. Know foot posture for this kick.
- Double turning (roundhouse) kick: low, high
- Side kick, stepping
- Foot posture for a turning (roundhouse) kick with the ball of the foot

Hand Techniques

- High punch
- Making a proper knife hand
- Inward knife hand strike (Kibon 2)
- Inward middle block (Kibon 2)
- Circular outward low block (Kibon 2)

Stances

Back stance (L-stance)

Patterns**Chon-Ji****Kibon #2**

1. In sitting (horse riding) stance, perform inward middle block with the left hand.
2. Perform inward middle block with the left hand.
3. Pivot to the right, creating a walking (front) stance and perform an inward knife hand strike with the left hand.
4. Pivot to the left, creating a walking (front) stance and perform an inward knife hand strike with the right hand.
5. Pivot to the right, creating a leaning walking (front) stance and perform a circular outward low block (left hand) with a knife hand (keep eyes to front).
6. Pivot to the left, creating a leaning walking (front) stance and perform a circular outward low block (right hand) with a knife hand (keep eyes to front).
7. Pivot back to setting (horse riding) stance and perform a high punch (eye level) with the left hand.
8. Perform high punch (eye level) with the right hand.

Technical Knowledge

Definition of Chon-Ji

5 points of power

Count to 10 in Korean

Why we use the symbol of the White Winged Tiger (the white tiger in the Korean zodiac is Master Dunlavey's birth symbol)

All previous knowledge and definitions

Self Defense

Jumping knee strike (neck twist takedown against a two-handed push)

Sparring

One steps (minimum of 4)

Breaking

Techniques and number of boards will be determined by the testing board