

9th Kup Grading Card

STUDENT NAME	LICENCE EXPIRY DATE	LICENCE EXPIRY DATE
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In order to attain 9th Kup Yellow Class, the student must know the following Hand Parts (Sang Bansin):

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|-------------------------------|-----------------------------|-------------------------|
| • Hand – Son | • Fist – Joomuk | • Fore Fist – Ap Joomuk |
| • Outer Forearm – Paka Palmok | • Inner Forearm – An Palmok | • Knife Hand - Sonkal |

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain 9th Kup Green Class, the student must be able to demonstrate the following Stances (Sogi) to an acceptable level. The student should also know the correct weight distribution on each leg. Additional marks will be given if the Korean Terms are known:

- | | | |
|------------|-------------|---|
| • L-Stance | Niunja Sogi | Weight = 70 (Back Leg) / 30 (Front Leg) |
|------------|-------------|---|

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain 9th Kup Blue Class, the student must be able to demonstrate the following Hand Techniques to an acceptable level. Additional marks will be given if the Korean Terms are known:

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|------------------------------|--------------------------|
| • Inner Forearm Middle Block | An Palmok Kaunde Maki |
| • Outer Forearm Rising Block | Paka Palmok Chookyo Maki |
| • Forearm Guarding Block | Palmok Daebi Maki |

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain 9th Kup Red Class, the student must be able to demonstrate the following to an acceptable level. Additional marks will be given if the Korean Terms are known:

- | | |
|---------------------------------------|---|
| • Four Directional Block (First half) | Saju Maki |
| • Chon-Ji (first 8 movements) | Means literally, the Heaven, the Earth. It is, in the orient, interpreted as the creation of the world or the beginning of human history. It is therefore, the initial pattern played by the beginner. The pattern consists of two similar parts; one to represent the Heaven and the other, the Earth. |

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain the 9th Kup Black Class, the student must be able to demonstrate the following to an acceptable level. Additional marks will be given if the Korean Terms are known:

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|---------------------------------------|----------------|
| • Four Directional Block (Both Parts) | Saju Maki |
| • Front Kick, Middle Obverse Punch | Walking Stance |
| • Rising Block performed | Walking Stance |

The Student successfully completed the above requirements on: _____ by Examiner: _____

In order to gain the 8th Kup Grade, the student must be able to demonstrate all of the above and the following Theory, Self Defence and Fundamental Exercises:

Significance of Belt:

- White Belt (previous sheet)
- Yellow Belt - Signifies the Earth from which a plant sprouts and takes root as the foundations of Taekwon-Do are being laid.

Self-Defence:

- Release from single Wrist Grab (Attacker Right hand on Defender Right Wrist)
- Release from single Wrist Grab (Attacker Right hand on Defender Left Wrist)

Pattern/Fundamental Movements:

- Four Directional Punch (Saju Jirugi): Both the Right side and Left.
- Chon-Ji: 19 movements

Means literally, the Heaven, the Earth. It is, in the orient, interpreted as the creation of the world or the beginning of human history. It is therefore, the initial pattern played by the beginner. The pattern consists of two similar parts; one to represent the Heaven and the other, the Earth.

Physical:

- Press-Ups x 10 (Momtong Bachim)
- Star Jumps x 10
- Squat Thrusts x 10

Sparring:

- 3-Step Sparring (1-3)
- Sambo Matsogi (1-3)
- Alone/No Partner

The Student successfully completed the above requirements on: _____ by Examiner: _____