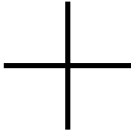


## 9<sup>th</sup> kup Theory Summary

<p><b>Yellow</b> - signifies <b>the earth</b>, from which the plant sprouts and takes root as the Taekwon-Do foundation is laid.</p>	<p>Taekwon-Do was introduced to the <b>UK</b> in <b>1967</b> by <b>Grand Master Rhee Ki Ha</b>.</p>
<p>ITF was founded on <b>22<sup>nd</sup> March 1966</b></p>	<p><b>Patterns (Tul)</b> A pattern is a series of attacking and defending movements designed to combat one or more imaginary opponents.</p>
<p style="text-align: center;"><b>Chonji – 천지 – 19 movements</b></p>	<p style="text-align: center;"><b>Meanings of Patterns</b></p>
<p>Literal meaning: <b>‘The heaven, the earth’</b></p> <p>In the Orient, it is interpreted as the <b>creation of the world</b> or the <b>beginning of human history</b>. Therefore, it is the initial pattern performed by the beginner.</p> <p>This pattern consists of <b>two</b> parts, one to represent the Heaven and the other, the Earth.</p>	<p>There are <b>24</b> patterns, which symbolise <b>24 hours of one day</b>, or <b>all of General Choi’s life</b> which he dedicated to the art.</p> <p>Each pattern has a meaning (either its <b>name, number of movements, diagrammatic symbol</b> or a combination) which refer to heroic figures or historical events in Korean history – often exemplifying the use of one or more of the tenets.</p>
<p style="text-align: center;"><b>Chonji Diagrammatic Symbol</b></p>	<p style="text-align: center;"><b>Movements</b></p>
<p style="text-align: center;">  </p>	<ul style="list-style-type: none"> <li>• Forwards – Appro kaggi</li> <li>• Backwards – Dwiryo kaggi</li> <li>• About turn – Dwiro dora</li> <li>• Step turning – Omgyo didimyo dolgi</li> </ul>
<p><b>Technique Terminology</b></p>	
<p><b>Tools</b></p> <ul style="list-style-type: none"> <li>• Front sole – Ap kumchi</li> <li>• Footsword – Balkal</li> </ul>	<p><b>Techniques</b></p> <ul style="list-style-type: none"> <li>• Side piercing kick – Yop cha jirugi</li> <li>• Obverse punch – Baro jirugi</li> <li>• Reverse punch – Badae jirugi</li> <li>• Double punch – Doo jirugi</li> <li>• Knife-hand side strike – Sonkal yop taerigi</li> <li>• Forearm guarding block – Palmok daebi makgi</li> <li>• Knife-hand guarding block – Sonkal daebi makgi</li> <li>• Twin forearm block – Sang palmok makgi</li> <li>• Rising block – Chookyo makgi</li> <li>• Inside block – An makgi</li> <li>• Inward block – Anuro makgi</li> <li>• Outer block – Bakat makgi</li> <li>• Outward block – Bakuro makgi</li> <li>• Low outer forearm block – Najunde bakat palmok makgi</li> <li>• Middle forefist punch – Kaunde ap joomuk jirugi</li> <li>• Middle inner forearm block – Kaunde an palmok makgi</li> </ul>
<p><b>Directions</b></p> <ul style="list-style-type: none"> <li>• Front – Ap</li> <li>• Side – Yop</li> <li>• Back – Dwit</li> </ul>	
<p><b>Stances</b> L-stance – Niunja sogi</p>	
<p><b>General</b></p> <ul style="list-style-type: none"> <li>• Pattern – Tul</li> <li>• Left – Wen</li> <li>• Right – Orun</li> <li>• Three-Step Sparring – Sambo Matsogi</li> </ul>	