



Theory for your second grading

(Current belt: Yellow Tag 9th Kup
Grading for: Yellow Belt 8th Kup)

Chong-Ji literally means “**Heaven** and **Earth**” and is interpreted as the creation of the world. As it is seen as the beginning of human history, it is the first pattern learned by a Tae Kwon-Do beginner. The pattern is made up of **two parts**: one which represents Heaven and one which represents Earth. Overall, the pattern consists of **19** moves.

The colour **yellow** signifies earth in which a plant grows. This is the **foundation** of Tae Kwon-Do which skills grow on.

Why do we bow in Tae Kwon-Do?

In order to show **respect**, **humility** and **thanks** towards our instructors and fellow students during training.

What is a pattern in Tae Kwon-Do?

Patterns are a **set of attack and defence movements** in a sequence to deal with one or multiple imaginary opponents. They are an indication of a student’s progress and are useful to evaluate an individual’s technique. All patterns have an individual meaning or **interpretation**.

Techniques: **Low block:** Blocks a kick with the outer forearm.

Middle block: Blocks a punch with the inner forearm.

Rising block: Blocks an attack from above with the outer forearm.

Punch: Strikes using the forefist.

Stances: **Sitting stance:** performed with both feet side-by-side 2 shoulder-widths apart. Both legs should be bent and both feet should be facing forwards.

MAKE SURE YOU KNOW AND REMEMBER THEORY FROM YOUR PREVIOUS GRADINGS