



Thibado TKD

Belt Requirements

BELT	9 th GUP YELLOW BELT
NEW PATTERNS/ EXERCISES	Chon-Ji
NEW KICKS	Side piercing kick (lead leg/rear leg/stepping) Combination kicks
NEW HAND TECHNIQUES	None
NEW STANCES	None
STEP SPARRING	Beginning 3-step sparring
TOURNAMENT COMPETITION	Tournament competition is optional for this rank
HO SIN SUL	One release from a double grab to the lapel One release from a double grab to the wrist One joint attack from a double-handed choke
BREAKING	
MEN - HANDS	None
MEN – FEET	None
WOMEN/ JUNIORS – HANDS	None
WOMEN/ JUNIORS – FEET	None
PEEWEEES – HANDS	None
PEWEEES – FEET	None

REQUIRED KNOWLEDGE:

CHON-JI PATTERN INFORMATION:

Chon-Ji means literally “The Heaven the 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 played by the beginner. This pattern consists of two similar parts; one represents Heaven and the other represents Earth.

DIAGRAM: “plus” sign



MOVES: 19

THE MEANING OF (COLOR) BELT:

Yellow signifies the earth from which a plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

THE COUNTRY WHERE TAEKWON-DO ORIGINATED:

Korea

THE FATHER OF TAEKWON-DO AND HIS RANK AND TITLE:

General Choi Hong-Hi, 9th dan black belt Grand Master



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THE LITERAL TRANSLATION OF TAEKWON-DO:

Tae – jumping, flying to kick or smash with the foot

Kwon – fist, to punch or destroy with the hand or fist

Do – the art of the way

Taekwon-Do – the mental training and techniques of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

THE BELT RANK SYSTEM:

There are six colors of belts: white, yellow, green, blue, red and black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10th gup white belt is the lowest and 1st gup is red belt with black stripe is the highest. For the black belts 1st dan is the lowest and 9th dan is the highest.

CHARACTERISTICS OF A WALKING STANCE (GUNNUN SOGI):

LENGTH:		1.5 shoulder width
MEASURED FROM:	Front	tip of the big toe
	Rear	tip of the big toe
WIDTH:		1.0 shoulder width
MEASURED FROM:	Front	center of the instep
	Rear	center of the instep
WEIGHT DISTRIBUTION (F/R):		50%/50%
AVAILABLE FACINGS:		full, half, or reverse half



Additional Notes: The back knee is locked and the front knee is so that the kneecap is over the heel of the front foot. The front foot points to the front and the back foot points no more than 25 degrees from the front. This stance is named after the front foot.

CHARACTERISTICS OF AN L-STANCE (NIUNJA SOGI):



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LENGTH:		1.5 shoulder width
MEASURED FROM:	Front	tip of the big toe
	Rear	footsword
WIDTH:		2.5cm/ 1 inch
MEASURED FROM:	Front	inside heel
	Rear	backheel
WEIGHT DISTRIBUTION (F/R):		30%/70%
AVAILABLE FACINGS:		half



Additional Notes: The back kneecap is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15 degrees in from the side. This stance is named after the rear foot.