
WHITE BELT - YELLOW STRIPE

Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

PATTERN

Chon-Ji

Means Literally the "Heaven and Earth". It is interpreted in the Orient as the creation of the world or the beginning of human history; It is the initial pattern performed by the beginner. This pattern consists of two similar parts - one represents the Heaven, and the other the Earth. There are 19 movements in this pattern.

TECHNIQUES

L-Stance

Turning Kick with front and back leg

(Dollyo Chagi)

Side Kick with front leg

(Yup Chagi)

Combination of above kicks.

SELF DEFENSE

Eye contact

Use humour

Wrist grab, how to fall/get up

SPARRING

Single blocks stationary

Single blocks with opponents

Approaching hop and slide (no kick)

Moving: side step (direct)

Step Sparring: Chon-Ji (**7-12 year olds alone; 13 + with partner**)

-See Step Sparring Appendix

THEORY

- Meaning of Chon-Ji
- The number of movements in Chon-Ji?
- Explain the purpose of the movements of Chon-Ji
- Meaning of the colour of the belt
- Examples of protocol of a Taekwon-Do student
 - How to bow
 - How to shake hands
 - How to respond

TEST REQUIREMENTS

16 credits minimum

Online theory certificate

Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character cards

Report two good things you did last month and one thing you could improve on