



Yordan's Black Belt Academy Training Sheet

9th Gup to 8th Gup– High White to Yellow

Always maintain knowledge from previous training sheets.

NEW PATTERNS RESPONSIBLE FOR: CHON-JI, KIBON 2 and 3.

Definition of Chon-Ji Pattern:

The name of this pattern literally means “the heaven, the earth.” It is, in the Orient, interpreted as the creation of the world and the beginning of human history. It is, therefore the initial pattern performed by the beginner. It is comprised of two similar parts, one to represent the heaven, the other earth.

COUNTING IN KOREAN

1 – Hanna (<i>honna</i>)	6 – Yosot (<i>yah-sut</i>)
2 – Dul (<i>duel</i>)	7 – Ilgop (<i>ill-gup</i>)
3 – Set (<i>set</i>)	8 – Yodol (<i>yo-dole</i>)
4 – Net (<i>net</i>)	9 – A-hop (<i>ah-hope</i>)
5 – Tasot (<i>tah-sut</i>)	10 – Yol (<i>yole</i>)

THEORY OF POWER:

The elements of power interact with each other and depend on each other. For example, if one does not have good concentration, one's equilibrium may suffer; and if one does not have good equilibrium, it can be difficult to employ reaction force or maintain speed.

Speed	Travel time of striking tool to target. Without speed, none of the others are useful. You must be relaxed to be fast – both mentally and physically.
Focus	Using the smallest tool to the most vulnerable target. One must concentrate all of one's physical and mental energy on one target and one purpose.
Balance	Maintaining your center of gravity (2" below your navel) low and equally distributed over your feet while keeping your body upright. You must remain flexible yet stable.
Breath Control	Exhaling at the moment of impact when striking, blocking, or receiving a blow. This ability to control one's breathing adds stamina and power to techniques.
Reaction Force	For every action there is an equal and opposite reaction. (Newton's Law)

ON RANK

All colors in the Tae Kwon Do system have been chosen for their historical significance. The colors black, red and blue denote various levels of hierarchy in the Silla Dynasty.

White	Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.
Yellow	Signifies earth, from which a plant sprouts and takes root as a Tae Kwon Do foundation is being laid.

TECHNIQUES:

Stances:

- L-stance

Hand techniques:

- High punch
- Single knife hand strike – neck level
- Knife hand guarding block
- Twin forearm block in an l-stance
- Guarding block

Foot techniques:

- Turning kick with the ball of the foot
- Double turning kick
- Side kick – spinning; jump side kick with front leg
- Scissor action front kick
- Scissor action turning kick

Sparring:

- One steps – minimum of Four

Breaking:

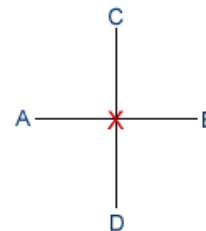
- Techniques and number of boards will be determined by the testing board.

Kibon 2	
Ready	Step into a sitting stance with hands in ready position, moving left foot out.
1	Perform inward middle block with the left hand
2	Perform inward middle block with the right hand
3	Pivot to right, creating walking stance, perform inward knife hand strike with left hand at 45° angle.
4	Pivot to left, creating walking stance, perform inward knife hand strike with right hand at 45° angle.
5	Pivot to right, creating a front stance, perform circular outward low block with knife hand at 45° angle.
6	Pivot to left, creating a front stance, perform circular outward low block with knife hand at 45° angle.
7 & 8	Pivot back to sitting stance and perform left and then right high punch in rapid succession.

Kibon 3	
Ready	Step into a sitting stance with hands in ready position moving left foot out. <i>Remain in this stance.</i>
1	Single middle knife hand block with left hand.
2	Single middle knife hand block with right hand.
3	Perform low knife hand guarding block to left.
4	Using circular motion, perform low knife hand guarding block to right.
5	Perform middle knife hand guarding block to left.
6	Perform middle knife hand guarding block to right.
7	Perform straight fingertip thrust with left hand, right hand crossed underneath.
8	Perform straight fingertip thrust with right hand, left hand crossed underneath.

CHON-JI**19 MOVES**

The name of this pattern literally means “the heaven, the earth.” It is, in the Orient, interpreted as the creation of the world and the beginning of human history. It is, therefore the initial pattern performed by the beginner. It is comprised of two similar parts, one to represent the heaven, the other earth.



Directions for this pattern assume that the student is standing on line AB and facing D.

Ready Posture: Parallel Ready Stance

- | | |
|-----------|---|
| 1 | Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm. |
| 2 | Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist. |
| 3 | Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm. |
| 4 | Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist. |
| 5 | Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm. |
| 6 | Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist. |
| 7 | Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm. |
| 8 | Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist. |
| 9 | Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm. |
| 10 | Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist. |
| 11 | Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm. |
| 12 | Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist. |
| 13 | Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm. |
| 14 | Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist. |
| 15 | Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm. |
| 16 | Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist. |
| 17 | Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist. |
| 18 | Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist. |
| 19 | Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist. |

END: Bring the left foot back to a ready posture.