

## 9th Kup Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

### Practical:

Sitting Stance – Double Punch  
Walking Ready Stance - Front Kick  
Walking Stance – Double Punch  
L Stance – Middle Block  
L Stance – Knifehand Strike  
Walking Stance – Low Block / Rising Block  
Pattern - Chon-Ji

### Theory:

#### Meaning Of Yellow Belt

Yellow signifies the Earth, from which a plant sprouts and takes root, as Tae Kwon-Do foundation is being laid

#### Korean

Ball of foot | Ap Kumchi

Footsword | Balkal

Forearm | Palmok

Front snap kick | Ap Chabusigi

Guarding block | Daebi makgi

Head | Mori

Kick | Chagi

L Stance | Niunja Sogi

Left | Wen

Pattern | Tul

Press ups | Momtong Bachia

Right | Orun

Rising Block | Chookyo makgi

Three step sparring | Sambo matsoki