

YELLOW STRIPE to YELLOW BELT

PATTERN:

CHON-JI TUL

SELF-DEFENSE:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

ONE STEP SPARRING:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

KICKING COMBINATIONS:

Front Turning Kick, Back Piercing Kick

FREE SPARRING:

Against 1 Partner (NO CONTACT)

BREAKING:

There is no breaking required.

QUESTIONS:

You will be required to answer the following:

1. What are the Tenets of Taekwon-Do?

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

2. What is the meaning of CHON-JI?

CHON-JI means literally "the Heaven the Earth". It is, in the Orient, 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 to represent the Heaven and the other the Earth.

3. How many movements are in CHON-JI?

19 movements

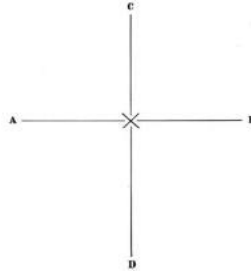
It is recommended that all students obtain USTC membership prior to testing.

CHON-JI

Movements – 19

Ready Posture - PARALLEL READY STANCE

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



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.



It is recommended that all students obtain USTC membership prior to testing.

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.



It is recommended that all students obtain USTC membership prior to testing.

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.



Testing Requirements: WHITE BELT to YELLOW STRIPE

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

