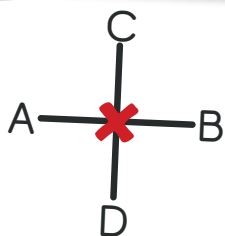


# 09 | EXAM THEORY FROM WHITE YELLOW TO YELLOW BELT

## Pattern (Tul)



Chon-Ji

19 Movements



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## Theory

**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.

### TAEKWON-DO STUDENT'S BEHAVIOR

1. Never tire of learning. A good student can learn anywhere, any time.
2. A good student must be willing to sacrifice for his art and instructor.
3. Always set a good example for lower ranking students.
4. Always be loyal to the instructor, Taekwon-Do and the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the do jang reflects on the art and instructor.
7. If a student adopts a technique from another do jang and the instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree with instructor, the student must first follow the instruction and then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray the instructor or the Taekwon-Do.

## The Kick



Downward Kick  
*Naeryo Chagi*

## Fundamental Movement



L-Stance Inner Forearm Middle Block  
*Niunja So An Palmok Kaunde Makgi*