

TERMINOLOGY APPLICABLE TO 9th KUPPatterns:

What is a pattern? A pattern is a series of attacking and defensive movements designed to combat one or more imaginary opponents.

Chon-Ji (19 movements): 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 performed by the beginner. The pattern consists of two similar parts—one to represent the heaven, the other, the earth.

Stances:

Niunja Sogi L-stance

General Terms:

An Makgi Inside Block

Annuro Makgi Inward Block

Bakat Makgi Outside Block

Bakurro Makgi Outward Block

Body Parts:

Ap Kumchi Front sole

Tul Pattern

Balkal Footsword

Wen Left

Orun Right

Attacking movements:

Ap Cha Busigi Front snap kick

Nagagi Forward

Doo Jirugi Double punch

Duruogi Backward

Yop Cha Jirugi Side piercing kick

Defensive Movements:

Chookyo Makgi Rising block

Bakat Palmok Najunde Makgi Outer forearm low block

An Palmok Kaunde Makgi Inner forearm middle block

Sparring:

Sambo Matsoki Three-step sparring
(Attacker in walking stance, defender in parallel stance)

General Information:

- When in L-stance (*Niunja Sogi*), the weight must be distributed 70% on the rear foot and 30% on the front foot. Toes should be 10-15 degrees forward & inward. Body must be kept half facing.
- Front sole (*Ap Kumchi*) is used for front kick and turning kick.
- Footsword (*Balkal*) is used for side piercing kick and back piercing kick.
- The last two movements of pattern **Chon-Ji** are obverse punch (*Barro Jirugi*).
- The two blocks used in **Chon-Ji** are outer forearm low block in walking stance (*Gunnon So Bakat Palmok Najunde Makgi*) and inner forearm middle block in L-stance (*Niunja So An Palmok Kaunde Makgi*).
- **Yellow belt signifies the earth, from which a plant sprouts and takes root as the Taekwon-Do foundation is laid.**
- There are 24 patterns in Taekwon-Do which symbolises 24 hours, or one day, or all of General Choi’s life which he has dedicated to the art.
- Inside block (*An makgi*) is **ANY** block to the inside of your opponent’s attacking tool.
- Inwards block (*Annuro makgi*) is **ANY** block travelling inwards across your own body.
- Outside block (*Bakat makgi*) is **ANY** block to the outside of your opponent’s attacking tool.
- Outward block (*Bakurro makgi*) is **ANY** block travelling outwards across your own body.