

## 9th kup - White Belt Yellow Tag

Yellow belt signifies the earth from which the plant sprouts and takes root - the foundations of Tae Kwon-Do are being laid.

### White Belt Yellow Tag Line Work

Name and grade, position 1 (and so on...)

Move to the left in sitting stance: 10 double punches (counting out loud to 10 in Korean if possible).

Change arms: 10 double punches (counting out loud to 10 in Korean if possible).

Barrol.

Right leg back (walking ready stance): twin block.

On the spot: front snap kick, (returning to) walking ready stance.

Left leg back (walking ready stance): twin block.

On the spot: front snap kick, (returning to) walking ready stance.

Barrol, charyot and kyonye.

Chunbi

Forwards: right leg, walking stance, double punch.

Backwards: L-stance, middle block.

Forwards: walking stance, low block, rising block.

Backwards: L-stance, knife-hand strike.

Barrol.

Pattern: Chon Ji.

Barrol.

Questions