

# Yellow Tag Belt Theory

## **Belt:**

Yellow: Signifies Earth, from which a plant sprouts and takes root as the Tae Kwon-do foundation is being laid.

**Pattern:** Chon-Ji

## **Meaning of pattern;**

Chon-Ji means literally the Heaven and 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 Heaven and the other the Earth.

**No. of moves:** 19

## **Korean Terms:**

Left	Wen	Rising Block	Chookyo Makgi
Right	Orun	Forearm Rising Block	Palmok Chookyo Makgi
Pattern	Tul		
Press Ups	Momtong Bachia	Forearm Guarding Block	Palmok Daebi Makgi
Ball Of Foot	Ap Kumchi		
Footsword	Balkal	Double Punch	Doo Jirugi
Head	Mori	Knife Hand Strike	Sonkal Taerigi
Knife Hand	Sonkal	Kick	Chagi
Fore Fist	Ap Joomuk	Front Kick	Ap Chagi
		Front Snap Kick	Ap Chabusigi
L Stance	Niunja Sogi		
Walking Ready Stance	Gunnun Chunbi Sogi	Three Step Sparring	Sambo Matsoki
		Step Turn	Ongyo Didimyo Dolgi

A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents.

The fist is higher than the elbow in rising block to deflect the attack.

Front Kick uses the ball of the foot (Ap Kumchi)