

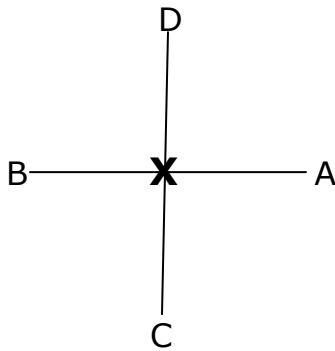
## Meaning of Belt Color

### White Belt, 10th gup & 9th gup

White signifies innocence and purity, as that of a beginning student who has no previous knowledge of Tae Kwon Do. Being the combination of all other colors, white also represents chaos.

Form(s):

- Chon Ji



Meaning: Literally means “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 learned by the beginner. The pattern consists of two similar parts; one to represent the Heaven (the mental aspect of Tae Kwon-Do) and the other the Earth (the physical aspect of Tae Kwon-Do).

Chon Ji is the first Tae Kwon Do form. When translated from Korean, Chon Ji, means ‘heaven and earth’. As was interpreted in the first book of the classic I Ching, which explains all processes of growth and change in the natural world, Chon Ji symbolizes the creation of the universe.

According to the ancient philosophers, the universe came into being through the interaction of two opposing elements which when combined formed the basic elements of the universe. They conceived that nothing in this life is permanent, yet nothing is destroyed. This life is based on a changing changelessness, within which all aspects of reality possess the elements of their opposites.

Chon Ji teaches the beginning student three of the most basic hand techniques: Down block, side block and front punch; and two basic stances: Front and back stances. These movements are all directed against an imaginary attack. By enacting the pattern the student learns to coordinate these hand techniques with the basic stances. To do this the student must learn to

build his concentration, power, speed, control and focus. Each of these are part of the basic principles of all Tae Kwon Do patterns.

While performing this pattern, the beginning student should concentrate on uniting their mind with their body, shelving all peripheral thoughts and striving to make their body movements flow as a continuation of their inner self. By learning to achieve these things he will gradually acquire the necessary self-control and spiritual discipline of a serious martial artist.

Movements: 19

Ready Posture: Parallel Ready Stance

The illustration for this pattern assumes that the student is standing on line AB at X facing C.

1. Turn 90 degrees to the left (toward A) forming a left front-stance (=left foot forward) while executing a down-block with the left forearm.
2. Step forward with the right foot (toward A) forming a right front-stance (=right foot forward) while executing a middle-section punch with the right fist.
3. Turn 180 degrees to the right (toward B) forming a right front-stance while executing a down-block with the right forearm.
4. Step forward with the left foot (toward B) forming a left front-stance while executing a middle-section punch with the left fist.
5. Turn 90 degrees to the left (toward C) forming a left front-stance while executing a down-block with the left forearm.
6. Step forward with the right foot (toward C) forming a right front-stance while executing a middle-section punch with the right fist.
7. Turn 180 degrees to the right (toward D) forming a right front-stance while executing a down-block with the right forearm.
8. Step forward with the left foot (toward D) forming a left front-stance while executing a middle-section punch with the left fist.
9. Turn 90 degrees to the left (toward B) forming a left back-stance (=left leg forward) while executing a middle-section side block with the left inner forearm (elbow pointing down, fist pointing up).
10. Step forward with the right foot (toward B) forming a right front-stance while executing a middle-section punch with the right fist.
11. Turn 180 degrees to the right (toward A, clockwise) forming a left back-stance while executing a middle-section side block with the right inner forearm.
12. Step forward with the left foot (toward A) forming a left front-stance while executing a middle-section punch with the left fist.
13. Turn 90 degrees to the left (toward D) forming a right back-stance while executing a middle-section side block with the left inner forearm.
14. Step forward with the right foot (toward D) forming a right front-stance while executing a middle-section punch with the right fist.
15. Turn 180 degrees to the right (toward C, turning clockwise) forming a left back-stance while executing a middle-section side block with the right inner forearm.

16. Step forward with the left foot (toward C) forming a left front-stance while executing a middle-section punch with the left fist.
  17. Step forward with the right foot (toward C) forming a right front-stance while executing a middle-section punch with the right fist. Ki-hop once the punch has been executed.
  18. Step backwards with the right foot (toward D still facing C) forming a left front-stance while executing a middle-section punch with the left fist.
  19. Step backwards with the left foot (toward D still facing C) forming a right front-stance while executing a middle-section punch with the right fist.
- END: Bring the left foot back to a ready posture by stepping forward.

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## Il Bo Teryon-10th gup & 9th gup

### 자 단계 치고 받기

1. Palm block with the same side hand as the punch stepping with the same side foot to the outside into a horse-riding stance, 1 punch with the opposite hand
2. Palm block with the same side hand as the punch stepping with the same side foot to the outside into a horse-riding stance, 2 punches
3. Palm block with the same side hand as the punch stepping with the same side foot to the outside into a horse-riding stance, 3 punches (2 middle, 1 high)
4. Palm block with the same side hand as the punch stepping with the same side foot to the outside into a horse-riding stance, 3 punches (2 middle, 1 high), round kick with opposite side foot
5. Crescent kick (inside to outside) with the same side leg as the punch (kicking the punch away), front kick to the solar plexus with the other leg
6. Side kick with the opposite side leg as the punch, step down, then perform spin side kick with the other leg
7. Step past opponent on the outside of their punch forming a horse-riding stance, knife hand strike (target=ribs), knife hand strike(target=head)

### Break Falls

1. Back Fall
2. Side Fall