


WHITE BELT YELLOW TAG - 9th KUP

QUESTIONS ANSWERS

What is a pattern ?	A pattern is a set of movements both defensive and offensive against an imaginary opponent.
What does Chon-Ji mean ?	Heaven and Earth
How many movements are there in Chon-Ji ?	19
And what is the 'diagram'(path) followed?	
What is Attention stance in Korean ?	Charyot sogi
What is Sitting stance in Korean ?	Annun sogi
What is Walking stance in Korean ?	Gunnun sogi
What is Parallel stance in Korean ?	Narani sogi
What is L-stance in Korean ?	Niunja sogi
What is High, Middle and Low in Korean ?	Napunde, Kaunde, Najunde High - above shoulder level Middle-shoulder level to waist Low - below waist level
Demonstrate an obverse and reverse punch in walking stance.	(Obverse is the same side as your front leg)