

PROMOTION REQUIREMENTS

10th Gup White Belt Testing for 9th Gup Yellow Belt

Form	<i>Shin Hyung Cho Don</i>
Basic Hand Techniques	#1 - #9
Basic Kicks	#1 - #4
Terminology	#1 - #10
Breaking Technique	<i>Front Kick</i>
General Knowledge, Attitude & Discipline	

TERMINOLOGY

1. Tae Kwon Do gymnasium	<i>Do Chang</i>
2. Tae Kwon Do Uniform	<i>Do Bok</i>
3. Attention	<i>Chariut</i>
4. Bow	<i>Kyung Nyet</i>
5. Ready Position	<i>June Bee</i>
6. Return to ready position	<i>Ba Ro</i>
7. Begin	<i>Si Jak</i>
8. Finish	<i>Gumann</i>
9. Yell	<i>Ki Hap</i>
10. Counting 1-10	<i>Hana, Dul, Set, Net, Dasut, Yasut, Ilgup, Yudulb, Ah-Hope, Yul</i>

BASIC HAND TECHNIQUES

1. Low Block	<i>Ha Dann Makki</i>
2. High Block	<i>Sang Dann Makki</i>
3. Middle Block	<i>Jung Dann Makki</i>
4. Reverse Middle Block	<i>Yuk Jung Dann Makki</i>
5. Knife Hand Block	<i>Soo Do Makki</i>
6. Double Arm Block	<i>Sang Soo Makki</i>
7. Front Block	<i>Ap Makki</i>
8. Punch	<i>Kong Kyuck</i>
9. Reverse Punch	<i>Yuk Kong Kyuck</i>

BASIC KICKS

1. Front Kick	<i>Ap Chagi</i>
2. Side Kick	<i>Yup Chagi</i>
3. Roundhouse Kick	<i>Tolya Chagi</i>
4. Back Kick	<i>Dui Chagi</i>

BASIC STANCES

Front Stance	<i>Chung Gul Sae</i>
Back Stance	<i>Hu Gul Sae</i>
Horse Stance	<i>Gi Ma Sae</i>
50-50 Stance	<i>Chung Ja Sae</i>
Natural Stance	<i>Ja Yeun Sae</i>

GENERAL QUESTIONS

What is Tae Kwon Do?

Tae Kwon Do is an ancient Korean martial art. *Tae* means 'foot', *Kwon* means 'hand' and *Do* means 'way'.

Form: Shin Hyung Cho Dann

Breaking Kick: Front Kick

BASIC MOTIONS

Start from forward down position
Ki-Hap on 3rd motion and turn

1. <i>Ha Dann Makki</i>	Low Block
2. <i>Jung Dann Kong Kyuck</i>	Middle Punch
3. <i>Yuk Jung Dann Kong Kyuck</i>	Reverse Middle Punch
4. <i>Sang Dann Makki</i>	High Block
5. <i>Sang Dann Kong Kyuck</i>	High Punch
6. <i>Yuk Sang Dann Kong Kyuck</i>	Reverse High Punch
7. <i>Jung Dann Makki</i>	Middle Block
8. <i>Yuk Jung Dann Makki</i>	Reverse Middle Block
9. <i>Soo Do Makki</i>	Double Knife Hand Block
10. <i>Pyung Soo Makki</i>	One Hand Knife Hand Block

BASIC KICKS

Step back, left leg forward in fighting stance
Ki-Hap on 3rd kick and turn

1. <i>Ap Chagi</i>	Front Kick
2. <i>Yup Chagi</i>	Side Kick
3. <i>Tonya Chagi</i>	Roundhouse Kick
4. <i>Dui Chagi</i>	Back Kick