

PROMOTION REQUIREMENTS

9th Gup Yellow Belt Testing for 8th Gup Senior Yellow Belt

Forms	<i>Shin Hyung Cho Dan</i> <i>Pyung Ahn Cho Dan</i>
One Steps	#1 - #4
Terminology	#1 - #10
Breaking Technique	<i>Skip Side Kick</i>
Sparring	
General Knowledge	

TERMINOLOGY

1. President of the school	<i>Kwan Chang Nim</i>
2. Master Instructor (4 th Dan and up)	<i>Sa Bum Nim</i>
3. Instructor (1 st Dan through 3 rd Dan)	<i>Jo Kyo Nim</i>
4. Sit Down	<i>Ahn Jo</i>
5. Stand Up	<i>Yi Ro Sut</i>
6. Degree of Black Belt	<i>Dan</i>
7. Grade Under Black Belt	<i>Gup</i>
8. Turn	<i>Tow Ra</i>
9. Relax	<i>Sho Oh</i>
10. Form	<i>Hyung</i>

ONE STEPS

(Attack begins from low block)

ATTACK	COUNTER
1. Right Middle Punch	Step with the left foot to the outside and a little forward. Middle block with the right hand to the outside of partner's arm. Finish with 3 punches (middle, high, middle).
2. Right Middle Punch	Reverse middle block – step back with left foot into a back stance. Block with right hand to the inside of partner's arm. Grab partner's hand with left hand and back fist with right hand to the temple; then pull back and punch at the shoulder joint or solar flexis with same hand.
3. Right Middle Punch	Step back with right foot into a front stance. Reverse middle block with right hand to the inside of partner's arm. Grab arm with same hand, slide left foot back even with right foot, then front kick with right foot to the head.
4. Right High Punch	Step with right foot to the outside and a little forward. Knife hand block with the left hand to the inside of partner's arm, and at the same time punch to the face with the right hand. For correct angle, turn your body toward partner's shoulder of the punching arm.