

**PROMOTION TEST STUDY GUIDE
BLUE BELT TO BLACK STRIPE**

FORM

Name- (ITF) *Yul Gok*

Meaning- The philosopher and scholar Yi I (Yee EE) who was nicknamed Confucius of Korea. The 38 movements represent his birthplace on the 38th latitude of Korea

Name- (WTF) *Palgwe Oh Jang*

Meaning- Concept of wind (Seon) Wind is an element of nature which can be gentle or destructive. This form teaches the student to combine and alternate gentleness with strength and speed

FOOT AND HAND TECHNIQUES:

<i>COMBINATION TECHNIQUES</i>	<i>FOOT TECHNIQUES</i>	<i>HAND TECHNIQUES</i>	<i>SPARRING</i>
Roundhouse kick- back reverse kick- roundhouse kick	Low, middle, high side kick (same leg)	Hooking palm block	Know 6 one step
Crescent kick- sidekick (same foot)	Low, middle, high round house (same leg)	Twin knife hand block	No contact free sparring
Hook kick- roundhouse kick (same foot)	Crescent kick from fighting stance using front leg	Pressure punch	
X stance	Swing kick from fighting stance using front leg	Elbow/ palm strike	
Crescent kick- back reverse kick		Jump back fist strike	

DEMONSTRATE: Show 5 vital attack areas on the body

SELF-DEFENSE: Two techniques against: **Right hand punch** - Move the left foot forward forming a left walking stance to the outside locking the attackers leg while executing a middle hooking block with the left palm. **Left Hand punch** - Execute a middle hooking block with the right palm while maintaining the left walking stance, fall back and to the side keeping the left leg against the attackers right leg into a corner drop.

Right hand punch - Jump forming a left X-stance locking the attacker's leg with left foot while executing a high side strike with the left back fist or elbow strike and guarding face with right hand, grab attacker's arm/shoulder with right hand. Step clockwise with right foot, In a circular motion bring attacker face down to floor

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BREAKING: 5 boards - one step side, one roundhouse, one palm punch, elbow strike, reverse knifehand

TERMINOLOGY: *Count forty to fifty in Korean:* 40= mahan, 41= mahan hana, 42= mahan tul, 43= mahan set, 44= mahan net, 45= mahan da suht, 46= mahan yuh suht, 47= mahan il goh, 48= mahan yul dul, 49= mahan a-hoe, 50= shi han
Advanced terminology

OPEN A CLASS IN KOREAN

JEJA'S CHUL SA - Student's line up
AHN YOUNG HA SAY YO - Good morning, Good afternoon, Good evening
CHA RUTT- Attention
BOW TO THE FLAGS - Gook gi Charyot Kong ye
BOW TO THE INSTRUCTOR- **Yu Gup Cha Nim** Charyot Kong ye (class leader below rank of black belt) **Ja Di Nim** (Brownbelt is class instructor)
Sasung nim geh, Charyot Kyong ye (Grand Master)
BOW TO THE BLACK BELTS- **Udunjanim** Charyot Kong ye (black belt no degree considered)
Jo Kyo Nim Charyot Kong ye (1st degree)
Kyo Sa Nim Charyot Kong ye (2nd degree)
Pu Sabum Nim Charyot Kong ye (3rd degree)
BOW TO THE HIGH BELT- **Dahn bo nim** Charyot Kong ye (brown/black tip)
Ja Di Charyot Kong ye (brown belt)
Yu Gup Cha Charyot Kong ye (holder of rank below black)
JUNBI - Ready
CLOSE A CLASS (all of the above starting with attention with the following closing dismissal)
CO MOP SIM NEE DAH JEJA'S- Thank you students
(class response-- CON SA HOM NEE DHA-- Thank you for teaching us)
AHN YOUNG HEE KAY SAY YO- Go in peace

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TENANT OF TAE KWON DO

The tenants of Tae Kwon Do are a student's aim or goals. The tenants should be memorized along with their meaning.

1. Courtesy (Ye Lu)- To be polite to one another and show respect
2. Integrity (Yom Chi)- Honesty- knowing right from wrong and doing right
3. Perseverance (In Nae)- Never give up
4. Self-control (Guk Gi)- To control your emotions, physical abilities and actions
5. Indomitable spirit (Baekjul Boolgool)- Unable to be tamed or conquered

TAE KWON DO OATH

1. I shall observe the tenants of Tae Kwon Do
2. I shall respect my instructors and seniors
3. I shall never misuse Tae Kwon Do
4. I shall be a champion of freedom and justice
5. I shall help to build a more peaceful world

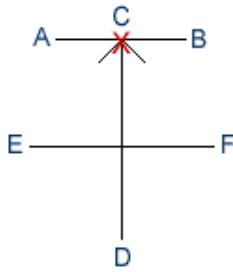
BLACK DRAGON 5 POINT CODE OF CONDUCT

1. Be loyal to your country
2. Be obedient to your parents
3. Stay true to your friends
4. Never give up on your dreams
5. Always do the right thing

THEORY OF POWER (learn words in bold)

1. **Reaction Force**- Newton's Law, every force has an equal and opposite force
2. **Concentration**- Applying the impact force to the smallest target area, will concentrate the force and increase it's effect
3. **Equilibrium**- balance- Balance is of utmost importance, by keeping the body well balanced a blow is more effective and deadly- an unbalanced one is easily toppled. The stance should always be stable yet flexible
4. **Breath Control**- Controlled breathing not only affects one's stamina but can also condition a body to receive a blow and augment the power of a blow directed against an opponent
5. **Mass**- Maximum energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow
6. **Speed**- Speed is the most essential factor of force. Reaction force, breath control, equilibrium, concentration and relaxation of muscles are the factors that contribute to speed

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YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".

**YUL-GOK
Movements - 38
Ready Posture - PARALLEL READY STANCE (standing on C and facing D)**

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.

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- 16.** Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
- 17.** Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
- 18.** Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
- 19.** Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
- 20.** Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
- 21.** Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
- 22.** Turn the face toward D forming a right bending ready stance A toward D.
- 23.** Execute a middle side piercing kick to D with the left foot.
- 24.** Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
- 25.** Turn the face toward C forming a left bending ready stance A toward C.
- 26.** Execute a middle side piercing kick to C with the right foot.
- 27.** Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
- 28.** Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
- 29.** Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
- 30.** Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
- 31.** Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
- 32.** Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
- 33.** Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
- 34.** Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.

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35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.

36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.

37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.

38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.

END: Bring the left foot back to a ready posture.