

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

FORM

Name- (ITF) Joong Gun

Meaning- Patriot Ahn Joong Gun, who assassinated the 1st Japanese Governor General of Korea. There are 32 movements which represents Ahn's age when he was executed at Lui-Shung Prison in 1910

Name- (WTF) Palgwe Yuk Jang

Meaning- Concept of Water (Gam) Water is an element that never loses it's composure, and this leads to it's inherent strength. This hyung teaches the student that they can overcome any problems in life without sacrificing their state of being.

FOOT AND HAND TECHNIQUES:

<i>COMBINATION TECHNIQUES</i>	<i>FOOT TECHNIQUES</i>	<i>HAND TECHNIQUES</i>	<i>SPARRING</i>
Front kick, jump front	Four roundhouse kicks moving circular on one leg	Reverse knifehand block	Know 6 one step
Wedge block, front kick, middle punch	Four side kicks moving circular on one leg	Upper elbow strike	No contact free sparring
Crescent kick, stomp same leg, back fist strike		Twin upset punch	
Side block, reverse punch, backside kick		Pressing pressure block	
Swing kick, back fist strike, 45 degree punch		Staff block	

DEMONSTRATE: Show 8 vital attack areas on the body

SELF-DEFENSE: Two techniques against: **Right Hand Punch:** Move left foot forward forming a right L-stance while executing a middle block with the left reverse knife-hand. Execute a low side front snap kick with left foot grabbing opponents right arm with left hand. Skip forward with right foot to perform Major Reaping Hip Throw

Two Hand Throat Grab: Bring feet together while executing an angle punch with the right fist pulling down on opponents arm with left hand; Wrap right arm around opponents neck and at the same time turning right hip and leg to the inside left- performing a full hip throw.

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BREAKING: 6 boards - one stepped, one roundhouse, one palm punch, elbow strike, reverse knifehand, side hammer fist strike

WEAPONRY: Bong Il Hyung - Entire form at normal pace alone: Demonstrate weapon of choice

TERMINOLOGY: *Count fifty to sixty in Korean:* 50= shi han, 51= shi han hana, 52= shi han tul, 53= shi han set, 54= shi han net, 55= shi han da suht, 56= shi han yuh suht, 57= shi han il goh, 58= shi han yul dul, 59= shi han a-hoe, 60= Yeh san

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)

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AHN YOUNG HEE KAY SAY YO- Go in peace

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

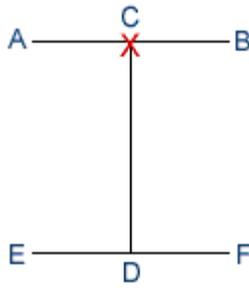
BLACK DRAGON 5 POINT CODE OF CONDUCT

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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JOONG-GUN is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

**JOONG-GUN
Movements - 32**

Ready Posture - CLOSED READY STANCE B (standing on C and facing D)

Feet together, Right fist covered by left hand (palm up) at solar plexus level

- 1.** Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
- 2.** Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
- 3.** Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
- 4.** Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
- 5.** Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
- 6.** Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
- 7.** Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 8.** Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
- 9.** Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 10.** Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
- 11.** Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
- 12.** Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
- 13.** Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.

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- 14.** Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
- 15.** Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
- 16.** Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
- 17.** Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
- 18.** Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
- 19.** Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
- 20.** Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
- 21.** Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
- 22.** Execute a middle side piercing kick to C with the right foot.
- 23.** Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
- 24.** Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
- 25.** Execute a middle side piercing kick to C with the left foot.
- 26.** Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
- 27.** Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
- 28.** Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
- 29.** Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
- 30.** Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
- 31.** Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
- 32.** Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

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