

## PROMOTION TEST STUDY GUIDE BROWN-BLACK STRIPE TO BLACK BELT

### FORM

<b>Name-</b>	<b>(ITF) Hwa Rang</b>
<b>Meaning-</b>	The elite youth group that eventually unified the three kingdoms of Korea. 29 movements
<b>Name-</b>	<b>(ITF) Choong-Moo</b>
<b>Meaning-</b>	Was the given name to the great Admiral Yi Soon-Sin of the Lee dynasty. He was reputed to have invented the first armored battleship (Kobukson) which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends up with a left hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king. 30 movements
<b>Name-</b>	<b>(WTF) Palgwe Pal Jang</b>
<b>Meaning-</b>	Concept of earth (Gon) This hyung is designed to summarize the seven previous hyung, as well as to introduce several new techniques. At this stage, the practitioner reviews all previous material before making the transition to the black belt level.

### FOOT AND HAND TECHNIQUES:

COMBINATION TECHNIQUES	TECHNIQUES	HAND/ FOOT TECHNIQUES	SPARRING
Hand/ foot techniques freestyle down floor	Offensive moves in order	Knife hand downward strike	Know 10 one step
	Defensive moves in order	Double elbow strike	No contact free sparring
		Pushing palm block	
		Jump side	

**DEMONSTRATE:** Conduct a class. Be able to demonstrate any form technique in an attack or defense application

**SELF-DEFENSE:** 10 self defense moves with takedowns set as a continuous routine using one or two partners using the weaponry learned in training

**BREAKING:** 8 - 10 boards - one stepside, one roundhouse, one palm punch, elbow strike, reverse knifehand, side hammerfist strike, crescent kick, jump front kick, jumpside, swing kick

**TERMINOLOGY:** Brief history of Tae Kwon Do

Brief philosophy of Tae Kwon Do

Name each form- know it's meaning, and number of movements

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- Meaning of the American and Korean flags
- Name each kick in English and Korean
- Name each hand technique in English and Korean
- Prepare a one page paper explaining your Tae Kwon Do involvement and goals.**

### **OPEN A CLASS IN KOREAN**

<i>JEJA'S CHUL SA -</i>	Student's line up
<i>AHN YOUNG HA SAY YO -</i>	Good morning, Good afternoon, Good evening
<i>CHA RUTT-</i>	Attention
<i>BOW TO THE FLAGS -</i>	Gook gi Charyot Kong ye
<i>BOW TO THE INSTRUCTOR-</i>	<b>Yu Gup Cha Nim</b> Charyot Kong ye (class leader below rank of black belt) <b>Ja Di Nim</b> (Brownbelt is class instructor) <b>Sasung nim geh</b> , Charyot Kyong ye (Grand Master)
<i>BOW TO THE BLACK BELTS-</i>	<b>Udunjanim</b> Charyot Kong ye (black belt no degree considered) <b>Jo Kyo Nim</b> Charyot Kong ye (1st degree) <b>Kyo Sa Nim</b> Charyot Kong ye (2nd degree) <b>Pu Sabum Nim</b> Charyot Kong ye (3rd degree)
<i>BOW TO THE HIGH BELT-</i>	<b>Dahn bo nim</b> Charyot Kong ye (brown/black tip) <b>Ja Di</b> Charyot Kong ye (brown belt) <b>Yu Gup Cha</b> Charyot Kong ye (holder of rank below black)
<i>JUNBI -</i>	Ready

### **CLOSE A CLASS (all of the above starting with attention with the following closing dismissal)**

<i>CO MOP SIM NEE DAH JEJA'S-</i>	Thank you students (class response-- CON SA HOM NEE DHA-- Thank you for teaching us)
<i>AHN YOUNG HEE KAY SAY YO-</i>	Go in peace

**TENANT OF TAE KWON DO**

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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 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

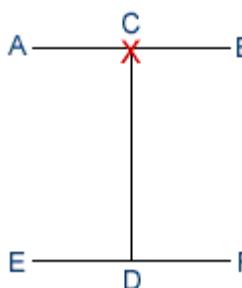
**HWA-RANG** is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

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**HWA-RANG**

**Movements - 29**

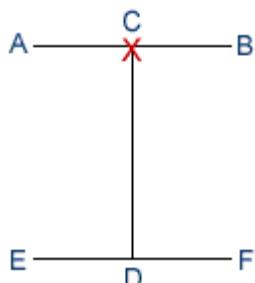
**Ready Posture - CLOSED READY STANCE C**



*Feet together, Left open hand (palm down) on top of right open hand (palm down) at belt-knot level.*

- 1.** Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
- 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.
- 4.** Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
- 5.** Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
- 6.** Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
- 7.** Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
- 8.** Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
- 9.** Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
- 10.** Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 11.** Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
- 12.** Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
- 13.** Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
- 14.** 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.
- 15.** Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
- 16.** 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.

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- 17.** Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
- 18.** Execute a high turning kick to DF with the right foot and then lower it to F.
- 19.** Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
- 20.** Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
- 21.** Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
- 22.** Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
- 23.** Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
- 24.** Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
- 25.** Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
- 26.** Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
- 27.** Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
- 28.** Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
- 29.** Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- END:** Bring the right foot back to a ready posture.

**CHOONG-MOO** was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

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**CHOONG-MOO**  
**Movements - 30**

**Ready Posture - PARALLEL READY STANCE**

- 1.** Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
- 2.** Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
- 3.** Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- 4.** Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
- 5.** 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.
- 6.** Turn the face to C forming a left bending ready stance A toward C.
- 7.** Execute a middle side piercing kick to C with the right foot.
- 8.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 9.** Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 10.** Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
- 11.** Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
- 12.** Execute an upward kick to E with the right knee pulling both hands downward.
- 13.** Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
- 14.** Execute a high turning kick to DF with the right foot and then lower it to the left foot.
- 15.** Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
- 16.** Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
- 17.** Execute a middle turning kick to DE with the left foot.

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- 18.** Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
- 19.** Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 20.** Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
- 21.** Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
- 22.** Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
- 23.** Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
- 24.** Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
- 25.** Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
- 26.** Execute a middle side piercing kick to A with the left foot turning clockwise.
- 27.** Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
- 28.** Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
- 29.** Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
- 30.** Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

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