

## PROMOTION TEST STUDY GUIDE

### BROWN BELT TO BROWN-BLACK STRIPE

#### FORM

**Name-** *Toi-Gye*

**Meaning-** The pen name of the scholar Yi Hwang (Yee fwang), who was an authority on neo-confucianism. There are 37 movements which represents his birthplace on the 37th latitude of Korea.

**Name-** *(WTF) Palgwe Chil Jang*

**Meaning-** Concept of Mountains (San) Mountains are stable bodies, high and majestic in character, but with definite stopping places. This hyung is symbolic of a conservative approach to one's life ambitions and promote the practice of not living in a hasty manner.

#### FOOT AND HAND TECHNIQUES:

<i>COMBINATION TECHNIQUES</i>	<i>TECHNIQUES</i>	<i>HAND TECHNIQUES</i>	<i>SPARRING</i>
Low block/ back fist strike	Offensive moves in order	Low spear hand strike	Know 6 one step
Low X-block/ twin punch	Defensive moves in order	Mountain block	No contact free sparring
		Knee/ head strike	
Hand/foot techniques freestyle down floor		Jumping low X-block	
		Low knifehand block	

**DEMONSTRATE:** Explain and demonstrate all basic kicks and hand techniques/ 15 Vital points (point them out)

**SELF-DEFENSE:** Perform all self defense moves from learned from White Belt to Blue Brown Stripe Belt with takedowns set as a continuous routine with a one partner

**BREAKING:** 7 boards - one stepside, one roundhouse, one palm punch, elbow strike, reverse knifehand, side hammerfist strike, crescent kick

**WEAPONRY:** Bong Il Hyung - Entire form at normal pace alone: Demonstrate one or two weapons of choice

**TERMINOLOGY:** Count sixty to one hundred in Korean: *Count to one hundred by 10's*  
 Name each form- know it's meaning, and number of movements  
 Meaning of the American and Korean flags  
 Name each kick in English and Korean  
 Name each hand technique in English and Korean

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

**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**

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

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

**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

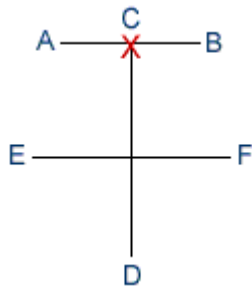
**BLACK DRAGON 5 POINT CODE OF CONDUCT**

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

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



**TOI-GYE** is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

**TOI-GYE**  
**Movements - 37**  
**Ready Posture - CLOSED READY STANCE B**

***Feet together, Right fist covered by open 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 inner forearm.
- 2.** Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
- 3.** Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
- 4.** Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
- 5.** Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
- 6.** Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
- 7.** Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
- 8.** Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
- 9.** Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
- 10.** Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 11.** Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
- 12.** Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.

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

- 13.** Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
- 14.** Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
- 15.** Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
- 16.** Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
- 17.** Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
- 18.** Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
- 19.** Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
- 20.** Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
- 21.** Execute an upward kick with the right knee while pulling both hands downward.
- 22.** Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 23.** Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
- 24.** Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
- 25.** Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 26.** Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
- 27.** Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
- 28.** Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
- 29.** Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
- 30.** Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.

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

- 31.** Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
- 32.** Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
- 33.** Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
- 34.** Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
- 35.** Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
- 36.** Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
- 37.** Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the right foot back to a ready posture.