

PROMOTION TEST STUDY GUIDE GREEN BELT TO GREEN/BLACK STRIPE

FORM

Name- (ITF) *Do San*

Meaning- Patriot An who devoted his life to furthering the education of Korea and it's independent movement. 24 movements

Name- (WTF) *Palgwe Sam Jang*

Meaning- Concept of fire (Ri) It is symbolic of one's passion, flickering and flaring at different intervals, and engulfing everything in it's path. from this hyung the practitioner learns to develop a multitude of quick, successive techniques

FOOT AND HAND TECHNIQUES:

| <i>PUNCHES</i> | <i>FOOT TECHNIQUES</i> | <i>HAND TECHNIQUES</i> | <i>SPARRING</i> |
|------------------|----------------------------|----------------------------|--------------------------|
| 45 degree punch | Hook kick | Spear hand strike | Know 6 one step |
| 180 degree punch | Ax kick | Elbow strike | No contact free sparring |
| 360 degree punch | Jump side | Palm thrust | |
| | Crescent 360 crescent | Back fist strike | |
| | | Wedging block | |
| | | Middle block | |

DEMONSTRATE: Explain and demonstrate basic stances (walking stance, L-stance)

SELF-DEFENSE: Two techniques against: **Right hand reverse punch** - Left hand forearm block while stepping forward with left leg - **Left hand reverse punch** - Right hand forearm block while stepping back with left leg, grab arm and shirt collar/ step back with left leg for a kneeling throw

Right hand back fist - right hand grab arm, maintain a ready stance and use an upper chop/ arm bar- *Maintaining hold on arm* cross left arm across chest and drop into a horse stance moving left leg * one leg needs to be behind attacker's leg (s), elbow strike or chop to chest and perform a back drop.

WEAPONRY: Bong Il Hyung up to- Entire form at count: Demonstrate weapon of choice

BREAKING: 3 boards - one step side, one roundhouse, one palm punch

TERMINOLOGY: *Count twenty to thirty in Korean:* 20= sumul, 21= sumul hana, 22= sumul tul, 23= sumul set, 24= sumul net, 25= sumul da suht, 26= sumul yuh suht, 27= sumul il goh, 28= sumul yul dul, 29= sumul a-hoe, 30= silhan

Tenants of Tae Kwon Do: Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit

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Tae Kwon Do Oath: I shall observe the tenants of Tae Kwon Do, I shall respect my instructors and seniors, I shall never misuse Tae Kwon Do, I shall be a champion of freedom and justice, I shall help build a more peaceful world.

VOCABULARY: Open and close a class in Korean
Theory of power

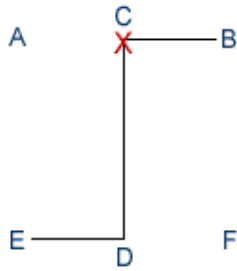
OPEN A CLASS IN KOREAN

| | |
|--------------------------------|--|
| <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> | 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) |
| <i>BOW TO THE BLACK BELTS-</i> | 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) |
| <i>BOW TO THE HIGH BELT-</i> | 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) |
| <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 |

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DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

DO-SAN

Movements - 24

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

- 1.** Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
- 2.** Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
- 3.** Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
- 4.** Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
- 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.** Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
- 7.** Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
- 8.** Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
- 9.** Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
- 10.** Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
- 11.** Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
- 12.** Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
- 13.** Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
- 14.** Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.

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15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.

16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.

17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.

18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.

19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.

20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.

21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.

22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.

23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.

24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

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