

PROMOTION TEST STUDY GUIDE
4TH DEGREE BLACK BELT TO 5TH DEGREE

FORM

Name- UL-JI

Meaning- UL-JI is named after general UL-JI Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 AD, Ul-JI employing hit and run guerilla tactics was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

Name- MOON-MOO

Meaning- Moon Moo honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese". It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 6612 AS when Moon Moo came to the throne.

Name- YON-GE

Meaning- Yon Gae is named after a famous general during the Koguryo Dynasty. Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

FOOT AND HAND TECHNIQUES:

<i>COMBINATION TECHNIQUES</i>	<i>HAND/ FOOT TECHNIQUES</i>	<i>SPARRING</i>
Hand/ foot techniques freestyle down floor	Triple combinations of hand and foot	Know 10 three step
		No contact free sparring - 1 on 1
		No contact free sparring - 2 on 1

DEMONSTRATE: Explain and demonstrate any technique

SELF-DEFENSE: 10 self defense moves with takedowns set as a continuous routine using one or two partners

JUDO: 10 Judo throws with finishing holds- *throws of choice.. All throws must be done in motion (dynamic)*

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BREAKING: 8 - 10 boards - one step side, one roundhouse, one palm punch, elbow strike, reverse knifehand, side hammer fist strike, crescent kick, jump front kick, jump side, swing kick. (need at least 2 power break- 2- 3 boards)

Any technique asked by Masters. Bricks are optional

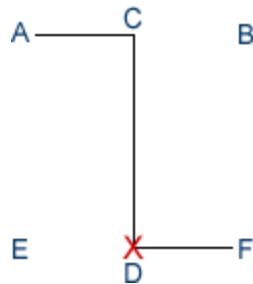
TERMINOLOGY: Brief history of Tae Kwon Do (know long history)
Brief philosophy of Tae Kwon Do (know long philosophy)
Name each form- know it's meaning, and number of movements
Meaning of the American and Korean flags
Name each kick in English and Korean
Name each hand technique in English and Korean
Prepare a one page paper explaining your Tae Kwon Do involvement and goals.

PRACTICE: 5 YEARS OF TRAINING IS REQUIRED BETWEEN FOURTH DEGREE AND FIFTH DEGREE BLACK BELT

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B UL-JI
Movements - 42
Ready Posture - Parallel Ready Stance with X-Backhands

1. Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists.
2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.
3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion.
4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.
5. Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
6. Execute a middle crescent kick to the left palm with the right foot.
7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.
8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A.
9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.
10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow.
11. Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion.
12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.

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13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow.
14. Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A.
15. Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.
16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.
17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise.
18. Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm.
19. Bring the left foot to the right foot to form a closed ready stance B toward D.
20. Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist.
21. Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm.
22. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21.
23. Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist.
24. Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
25. Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.
26. Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F.
27. Jump to execute a flying high kick to F with the right foot.
28. Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand.
29. Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist.
30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.
31. Lower the left foot to F forming a left walking stance toward F while executing a

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high vertical punch to F with a twin fist.

32. Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm.

33. Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist.

34. Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm.

35. Execute a middle turning kick to DF with the right foot.

36. Lower the right foot to F and then execute a middle back piercing kick to F with the left foot.

37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.

38. Move the left foot to E forming a left I-stance toward F while executing an upward block to F with the right palm.

39. Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm.

40. Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF.

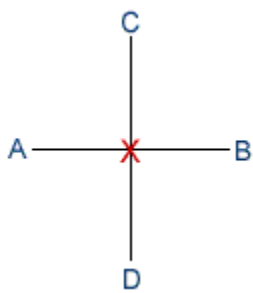
41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.

42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

End. Bring the left foot back to a ready posture.

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MOON-MOO Moon Moo honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese". It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 6612 AS when Moon Moo came to the throne.



MOON-MOO
Movements - 61
Ready Posture – PARALLEL READY STANCE

1. Turn the face to B while forming a right bending ready A toward B. Perform in a slow motion.
2. Execute a high side piercing kick to B with the left foot. Perform in a slow motion.
3. Execute a high side piercing kick to B with the left foot. Perform 2 and 3 in a double kick.
4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.
5. Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.
7. Move the left foot to A forming a left walking stance toward A while executing a pressing block to A with the right palm.
8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.
9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint. Perform in slow motion.
10. Lower the left foot to the right foot and then turn the face to A while forming a left bending ready stance A toward A. Perform in slow motion.
11. Execute a high side piercing kick to A with the right foot. Perform in a slow motion.
12. Execute a high side piercing kick to A with the right foot. Perform 11 and 12 in a

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double kick.

13. Lower the right foot to A to form a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.
14. Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion.
15. Lower the left foot to A in a jumping motion to form a left X-stance toward C while executing a middle side strike to A with the left knife-hand.
16. Move the right foot to B forming a right walking stance toward B while executing a pressing block to B with the left palm.
17. Move the left foot to B to form a left walking stance toward B at the same time executing a pressing block with the right palm.
18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint. Perform in slow motion.
19. Turn the face to C while forming a left bending ready stance B toward D.
20. Execute a high back piercing kick to C with the right foot. Perform in slow motion.
21. Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.
22. Turn the face to C while forming a right bending ready stance B toward D.
23. Execute a high back piercing kick to C with the left foot. Perform in slow motion.
24. Lower the left foot to C to form a right walking stance toward D while executing a middle punch to D with the left fist.
25. Slide to C forming a right rear foot stance toward D while executing a downward block with the left palm.
26. Execute a middle side front snap kick to D with the left foot keeping the position of the hands as they were in 25.
27. Lower the left foot to D and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.
28. Slide to C maintaining a sitting stance toward A while executing a scooping block with the left palm.
29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a connecting motion.
30. Execute a low side block to D with the left knife-hand while maintaining a sitting

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stance toward A.

31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.

32. Lower the right foot to C and then execute a high reverse turning kick to C with the left foot.

33. Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.

34. Slide to D forming a left rear foot stance toward C while executing a downward block with the right palm.

35. Execute a middle side front snap kick to C with the right foot keeping the position of the hands as they were in 34.

36. Lower the right foot to C and then move the left foot to D in a stamping motion to form a sitting stance toward A while executing a middle side strike to D with the left side fist.

37. Slide to D maintaining a sitting stance toward A while executing a scooping block with the right palm.

38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a connecting motion.

39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.

40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.

41. Lower the left foot to D and then execute a high reverse turning kick to D with the right foot.

42. Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand.

43. Move the left foot to D and then execute a high twisting kick to AD with the right foot.

44. Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.

45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.

46. Move the right foot to D and then execute a high twisting kick to BD with the left foot.

47. Lower the left foot to C to form a right walking stance toward D while executing a

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side back strike to C with the left back fist and extending the right fist to D.

48. Execute a front strike to D with the left back fist while shifting to C maintaining a right walking stance toward D.

49. Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

50. Execute a side checking kick to D and then again a middle side thrusting kick to D with the left foot forming a forearm guarding block. Perform in a consecutive kick.

51. Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.

52. Execute a sweeping kick to D with the right side sole and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

53. Execute a side checking kick to D and then again a middle side thrusting kick to D with the right foot forming a forearm guarding block. Perform in a consecutive kick.

54. Lower the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.

55. Move the right foot to C and then turn counter clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.

56. Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.

57. Jump to D forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.

58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.

59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

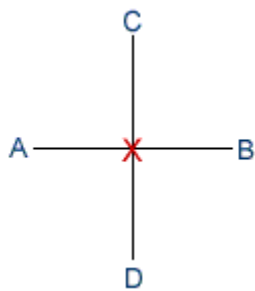
60. Move the right foot to the side rear of the left foot and then the left foot to C to form a right walking stance toward D while executing a rising block with the left arc-hand.

61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

End. Bring the right foot back to a ready posture.

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YON GAE Yon Gae is named after a famous general during the Koguryo Dynasty. Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.



YON GAE

Movements - 49

Ready Posture – WARRIOR STANCE Right fist chambered at waist with flat left hand

1. Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
2. Execute a high punch to D with the right long fist while forming a left walking stance toward D pivoting with the left foot. Perform in slow motion.
3. Slide to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a middle outward strike to D with the right knife-hand while flying to D and then land to D forming a left L-stance toward D with the right knife-hand extended to D.
5. Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist.
6. Execute a high outward cross-cut to D with the right flat finger tip while forming a right walking stance toward D, slipping the right foot.
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.
8. Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist.
9. Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand.
10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.
11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.

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12. Slide to C forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
13. Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot. Perform in slow motion.
14. Slide to C forming a right L-stance toward D while executing middle guarding block to D with the forearm.
15. Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D.
16. Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist.
17. Execute a high outward cross-cut to D with the left flat finger tip while forming a left walking stance toward D, slipping the left foot.
18. Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.
19. Jump to D forming a right X-stance toward BD while executing a high side strike to D with right back fist.
20. Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand.
21. Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm.
22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.
23. Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
24. Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.
25. Move the right foot to A forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
26. Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.
27. Execute a high reverse hooking kick to B with the right foot.
28. Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.
29. Lower the left foot to B in a jumping motion to form a left X-stance toward BD

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while executing a downward strike to B with the left backfist.

30. Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.

31. Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.

32. Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.

33. Cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.

34. Execute a high reverse hooking kick to A with the left foot.

35. Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.

36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist.

37. Move the left foot to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.

38. Move the left foot to D turning counter clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.

39. Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left knife-hand.

40. Shift to C maintaining right L-stance toward D while executing a middle guarding block to D with forearm.

41. Move the right foot to D turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.

42. Move the left foot to C slightly and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand.

43. Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.

44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise and then land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

45. Jump to execute a mid-air kick to D with the left foot while spinning counter clockwise and then land to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

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46. Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.

47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.

48. Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.

49. Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow.

End. Bring the right foot back to a ready posture.