

**PROMOTION TEST STUDY GUIDE
3RD DEGREE BLACK BELT TO 4TH DEGREE**

FORM

Name- **SAM-IL**

Meaning- denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

Name- **YOO-SIN**

Meaning- is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.

Name- **CHOI-YONG**

Meaning- is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.

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 Explain and demonstrate any technique and use any form technique in a attack or defense situation with or without weapons with take down.

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

WEAPONRY: Demonstrate 3 weapons of choice

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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)

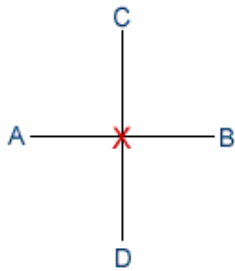
Any technique asked by Masters. Bricks are optional

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: **4 YEARS OF TRAINING IS REQUIRED BETWEEN THIRD DEGREE AND FOURTH DEGREE BLACK BELT**

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SAM-IL
Movements - 33
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.** Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 2.** Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.
- 3.** Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.
- 4.** Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.
- 5.** Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 6.** Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.
- 7.** Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.
- 8.** Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.
- 9.** Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.
- 10.** Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.
- 11.** Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.
- 12.** Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
- 13.** Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.
- 14.** Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.

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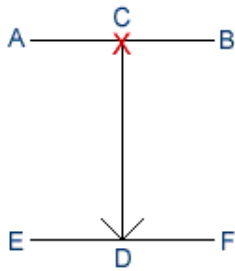
- 15.** Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.
- 16.** Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B.
- 17.** Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 18.** Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.
- 19.** Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.
- 20.** Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forearm with the right palm and turning the face to C.
- 21.** Execute a pressing block with an X-fist while forming a right walking stance toward AD.
- 22.** Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.
- 23.** Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.
- 24.** Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.
- 25.** Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.
- 26.** Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.
- 27.** Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.
- 28.** Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.
- 29.** Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.
- 30.** Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.
- 31.** Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion.
- 32.** Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.

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33. Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.

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

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YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.

YOO-SIN

Movements - 68

Ready Posture - WARRIOR READY STANCE B

Feet apart in ready stance, left underfist (fingers up) is held in front of the right hip with the right finger belly over the left forefist

- 1.** Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.
- 2.** Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.
- 3.** Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
- 4.** Execute a middle hooking block to D with the right palm while standing up toward D.
- 5.** Execute a middle punch to D with the left fist while forming a sitting stance toward D.
- 6.** Execute a middle hooking block to D with the left palm while standing up toward D.
- 7.** Execute a middle punch to D with the right fist while forming a sitting stance toward D.
- 8.** Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.
- 9.** Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.
- 10.** Execute a scooping block with the left palm while forming a sitting stance toward AD.
- 11.** Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion.
- 12.** Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.
- 13.** Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.
- 14.** Execute a scooping block with the right palm while forming a sitting stance toward BD.

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- 15.** Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD.
Perform 14 and 15 in a connecting motion.
- 16.** Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.
- 17.** Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
- 18.** Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD.
- 19.** Execute a middle punch to BD with the right fist while forming sitting stance toward BD.
Perform 16, 17, 18 and 19 in a continuous motion.
- 20.** Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.
- 21.** Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.
- 22.** Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.
- 23.** Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.
- 24.** Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.
- 25.** Execute a pressing block with an X-fist while maintaining a right walking stance toward D.
- 26.** Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.
- 27.** Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.
- 28.** Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.
- 29.** Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.
- 30.** 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.
- 31.** Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 32.** Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

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- 33.** Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 34.** Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.
- 35.** Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.
- 36.** Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.
- 37.** Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.
- 38.** Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 39.** Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.
- 40.** Bring the right foot to the left foot to form a closed ready stance C toward C.
- 41.** Move the right foot to CF in a stamping motion to form a right walking stance toward CF at the same time executing an upset punch to CF with a twin fist.
- 42.** Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.
- 43.** Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.
- 44.** Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.
- 45.** Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist. Perform in a slow motion.
- 46.** Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.
- 47.** Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.
- 48.** Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.
- 49.** Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.
- 50.** Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.

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- 51.** Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.
- 52.** Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.
- 53.** Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.
- 54.** Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.
- 55.** Execute a middle crescent kick to the right palm with the left foot.
- 56.** Execute a middle side piercing kick to C with the left foot forming a forearm guarding block.

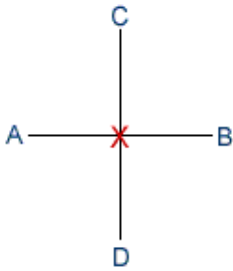
Perform 55 and 56 in a consecutive kick.

- 57.** Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
- 58.** Execute a middle crescent kick to the left palm with the right foot.
- 59.** Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.
- 60.** Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.
- 61.** Change the position of the hands while maintaining a sitting stance toward A.
- 62.** Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.
- 63.** Change the position of the hands while maintaining a sitting stance toward B.
- 64.** Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.
- 65.** Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.
- 66.** Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.
- 67.** Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.
- 68.** Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.

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

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CHOI-YONG
Movements - 46
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 D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
- 2.** Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
- 3.** Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
- 4.** Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
- 5.** Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
- 6.** Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.
- 7.** Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
- 8.** Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
- 9.** Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
- 10.** Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
- 11.** Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
- 12.** Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.

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- 13.** Execute a high reverse hooking kick to D with the left foot.
- 14.** Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.
- 15.** Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
- 16.** Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
- 17.** Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.
- 18.** Execute a high reverse hooking kick to C with the right foot.
- 19.** Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.
- 20.** Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
- 21.** Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.
- 22.** Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.
- 23.** Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.
- 24.** Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.
- 25.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 26.** Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.
- 27.** Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.
- 28.** Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
- 29.** Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
- 30.** Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.
- 31.** Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.

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- 32.** Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.
 - 33.** Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.
 - 34.** Turn the face toward A while forming a left bending ready stance A toward A.
 - 35.** Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.
 - 36.** Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.
 - 37.** Execute a high reverse hooking kick to B with the right foot.
 - 38.** Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.
 - 39.** Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.
 - 40.** Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.
 - 41.** Turn the face to B while forming a right bending ready stance A toward B.
 - 42.** Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.
 - 43.** Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.
 - 44.** Execute a high reverse hooking kick to A with the left foot.
 - 45.** Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.
 - 46.** Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.
- END:** Bring the right foot back to a ready posture.