

**PROMOTION TEST STUDY GUIDE
YELLOW BELT TO GREEN BELT**

FORM

Name- (ITF) *Dan-Gun*
Meaning- Legendary founder of Korea. Founded in 2333 B.C. 21 movements

Name- (WTF) *Palgwe Ee- Jang*
Meaning- Concept of joyfulness (Tae) It's movements are applied when the practitioner is in a gentle, yet strong state of mind.

FOOT AND HAND TECHNIQUES:

<i>PUNCHES</i>	<i>FOOT TECHNIQUES</i>	<i>HAND TECHNIQUES</i>	<i>SPARRING</i>
45 degree punch	Crescent kick	Knife hand block	Know 6 one step
180 degree punch	Swing kick	High and low X block	No contact free sparring
360 degree punch	Jump front kick	Double forearm (C) block	
	Backside kick	Knife hand strike	
	Back reverse kick		

DEMONSTRATE: Explain and demonstrate basic kicks and how to punch

SELF-DEFENSE: Two techniques against; **One or Two Hand Shoulder Grab**/ C-block/
Knee Wheel with Left Leg;

Right Hand Reverse Punch/ High block with left arm/ Inner Leg Reap with Right Leg

WEAPONRY: Bong Il Hyung up to- 24 moves at count; Demonstrate weapon of choice

BREAKING: Two boards - one hand technique, one foot technique

TERMINOLOGY: *Count to ten to twenty in Korean:* 10= yul, 11= yul hana, 12= yul tul, 13= yul set, 14= yul net, 15= yul da suht, 16= yul yuh suht, 17= yul il goh, 18= yul yul dul, 19= yul a-hoe, 20= sumul

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

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.

DISCIPLINE: Mr., Mrs., Miss., Ms., Your instructor's full name, Grand Master Kevin Schoenebeck, Yes Sir, No Sir, Yes Ma'am, No Ma'am Know your age in Korean

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VOCABULARY: **Do Jang-** school (house of discipline), **Do Bok-** uniform, **Ti-** belt, **Chagi-** kick, **Hwe chagi-** swing kick, **Twi yop chagi-** backside kick, **Tollyo chagi-** roundhouse kick, **Yop chagi-** side kick, **Op chagi-** front kick, **Taeryon-** free sparring

OPEN A CLASS IN KOREAN

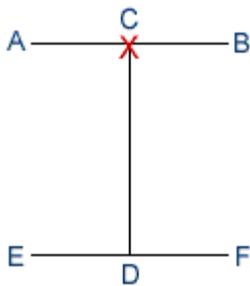
<i>JEJA'S CHUL SA -</i>	Student's line up
<i>AHN YOUNG HA SAY YO -</i>	Good morning, Good afternoon, Good evening
<i>CHA RUTT-</i>	Attention
<i>BOW TO THE FLAGS -</i>	Gook gi Charyot Kong ye
<i>BOW TO THE INSTRUCTOR-</i>	Yu Gup Cha Nim Charyot Kong ye (class leader below rank of black belt) Ja Di Nim (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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DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.



DAN-GUN

Movements - 21

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

1. 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.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time 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 punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
16. 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.
17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.

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19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.

20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.

21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

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