

White Belt Requirements

1. Count to 10 in Korean-

Hanna.....1 Dul.....2
Set.....3 Net.....4
Ta-Set.....5 Ya-Set.....6
Il-Gup.....7 Ya-Dul.....8
Ah-Oop.....9 Yaul.....10

2. Terminology

Cha-Yet.....Attention
Kung-Ye.....Bow
Joon-Bi.....Practice Ready Stance
Ba-Ro.....Relax Ready Stance
Ki-Ap.....Yell
Do-Jang.....Martial Arts Training Area
Do-Bok.....Uniform
Hyung.....Form

3. Form

Name.....**Chong-Ji**
Number of Movements.....**19**
Definition.....**Means literally the "Heaven and the Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts--one to represent the heaven and the other the earth.**

4. Meaning of the belt:

White stands for "purity and innocence without worldly knowledge".

5. Instructor:

Master Dennis Wiley.....5th Dan (Degree)
Master Young-Sun Kang.....8th Dan (Degree)

6. Meaning of Tae Kwon Do:

Tae means to hit or strike with the heel, foot, or knee.
Kwon means to punch or hit with the hand, fist, or elbow.
Do means method or way of life.(Discipline).

7. Performance:

3 kicks = roundhouse kick, side kick, frontsnap kick
3 blocks = low block, high block, side block
5 one steps = your choice
Chong-Ji Form

8. School Phone No.:

348-7535 (Lanham's Fitness)

Yellow Belt Requirements

1. All of White Belt Requirements

2. Form:

Form Name.....**Dan Gun.**

Number of Movements.....**21**

Definition.....**Dan Gun is named after the Holy Dan Gun, the Legendary Founder of Korea in the year 2333 B.C.**

3. Meaning of the belt:

yellow belt stands for "gold, an element of the earth"

4. Red Stripe means no longer a beginner.

5. Terminology:

Front Snap Kick.....**Ap Cha-Ghee**

Side Kick.....**Yuhp Cha-Ghee**

Roundhouse Kick.....**Dol Yul Cha-Ghee**

Jumping Front Kick.....**E Dan Ap Cha-Ghee**

High Block.....**Sang Dan Mak-Ghee**

Low Block.....**Hah Dan Mak-Ghee**

Side Block.....**Yuhp Mak-Ghee**

6. Student Oath:

- 1. I shall observe the Tenets of Tae Kwon Do.**
- 2. I shall respect Instructors and Seniors.**
- 3. I shall never misuse Tae Kwon Do.**
- 4. I will be a champion of Freedom and Justice.**
- 5. I will build a more Peaceful world.**

7. Tenets: a principle, doctrine or belief, held as a truth, as by some group

- 1. Courtesy-** a polite or considerate act or remark.
- 2. Integrity-** honesty, sincerity, etc.
- 3. Perserverance-** to continue a course of action, etc. in spite of difficulty, opposition.etc.
- 4. Self-Control-** control of ones emotions, desires, etc.
- 5. Indomitable Spirit-** not easily discouraged or defeated
- 6. Victory-** success in any struggle.

8. Performance:

Dan Gun Form

10 one Steps

Sparring

Green Belt Requirements

1. All White Belt and Yellow Belt Requirements.

2. Form

Name.....**Do San**

Number of Movements.....**24**

Definition.....**Do San(for 6R &6D)- Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.**

3. Terminology

Middle Punch.....Jung-Dan Jiye-Ghee

High Punch.....Sang-Dan Jiye-Ghee

Knife Hand Block.....Soo- Do Mak-Ghee

Front Leg Limbering up.....Appo-Lo Bal-Ol Leg-Ghee

Side Leg Limbering up.....Yuhp Po-Lo Bal-Ol Leg-Ghee

Back Turn Side Kick.....Duie Yuhp Cha-Ghee

Reverse Punch.....Yuk-Jin

Spear Hand.....Kwan Soo

4. Meaning of the Belt

green belt means "a plant growing from the ground"

5. Three reasons to **Ki-Ap** are:

1) to scare your opponent

2) to increase your power

3) to prevent the wind from being knocked out

6. Performance

Do-San

15 one-steps

Sparring

Purple Belt Requirements

1. All white, yellow, and green belt requirements.

2. Form

Name..... **Won-Hyo**

Number of Movements..... **28**

Definition..... **was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.**

3. Terminology

Start..... **She-Jahk**

Stop..... **Go-Mahn**

Dismissed..... **Hae-Cho**

School..... **Kwon**

Master Instructor..... **Saburn-Nim**

Assistant Instructor..... **Gyosa-Nim**

Senior Belt..... **Sun Bae-Nim**

Student..... **Kwon-Won**

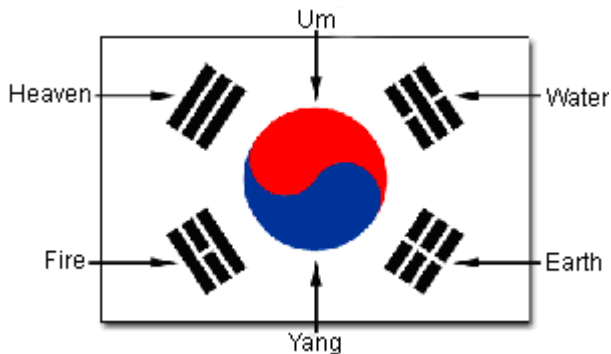
4. Meaning of the belt

purple belt means "as a grape, the ripening fruit"

5. Style of Tae Kwon Do..... **Chung Do Kwan**

Chung Do Kwan means the way of the blue house.

6. Describe the Korean Flag:



The Korean National Flag (Tae Geug Gi)

The Korean Flag symbolizes much of the thought, philosophy, and mysticism of the Orient. The symbol and sometimes the flag itself, is Tae Geug.

Depicted on the flag is a circle divided equally and in perfect balance. The upper (red) section represents the **Yang** and the Lower (blue) section the **Um**, an ancient symbol of the Universe. These two opposites express the dualism of the Cosmos: Fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, heat and cold, plus and minus, and so on.

The central thought in the Tae Geug Indicates that while there is a constant movement within the sphere of infinity, there are also balance and harmony. As a simple example, kindness and cruelty may be taken into consideration. If parents are kind to a child, it is good, but they may spoil and weaken him and thus lead him to become a vicious man and a source of disgrace to his ancestors.

Three bars at each corner also carry the ideas of opposition and balance. The three unbroken lines stand for **Heaven**; the opposite three broken lines stand for **Earth**. At the lower left hand corner of the flag are two lines with a broken line between. This symbolizes **fire**. The opposite is the symbol for **water**.

7. Performance:

Won-Hyo
One-steps
Sparring
Knowledge

Blue Belt Requirements

1. All white, yellow, green, and purple belt requirements.

2. Form

Name.....**Yul-Gok**

Number of movements.....**38**

Definition.....**Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram(+ over -) represents "scholar".**

3. Terminology

Start.....She-Jahk

Stop.....Go-Mahn

Master Instructor.....Sabum-Nim

Assistant Instructor.....Gyosa-Nim

Senior Belt.....Sun Bae-Nim

Knife Hand Chop.....Jung-Dan Soo-Do Chi-Ghee

Bang Knuckle Fist.....Song-Soo

Jumping Roundhouse Kick...E Dan Dol-Yul Cha-Ghee

One-Step Sparring.....Ill-Bo Dae Ryun

Free Sparring.....Dae Ryun

4. Meaning of the belt:

blue belt stands for "the sky, the arc of the heaven"

5. Style of Tae Kwon Do:

Chung Do Kwan

6. Performance:

Forms

Knowledge

One-Steps

Sparring

Brown Belt Requirements

1. All white, yellow, green, purple, and blue belt requirements.

2. Form

Name.....**Joong-Gun**

Number of movements.....**32**

Definition.....**Joong-Gun is named after the patriot An Joong-Gun who assassinated Hiro Bumi-Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910)**

3. Terminology

Rallying Together.....**Kru-Ho**

National Flag.....**Gook-Ki**

Attack.....**Gong-Kyuk**

Turn Around.....**Dioro-Drat**

Opposite Side.....**Ban Dae-Ro**

Escape Technique.....**Ho Sin-Sool**

Jumping Side Kick.....**E Dan Yuhp Cha-Ghee**

4. Meaning of the belt:

brown belt stands for "the dawning, the rising sun."

5. Original Tenets of Tae Kwon Do

- 1) **Be loyal to you king.**
- 2) **Be obedient to your parents.**
- 3) **Be honorable to your friends.**
- 4) **Never retreat in battle.**
- 5) **Make a just kill.**

6. There are **64 striking points** on the body.

7. Performance:

Forms

Knowledge

One-Steps

Sparring

Red Belt Requirements

1. All White, Yellow, Green, Purple, Blue, and Brown belt requirements.

2. Forms

Name.....**Toi-Gye (2R&2D).**

Number of movements.....**37**

Definition.....**Toi-Gye is the penname of the noted Scholar Yi Hwang (16th Century A.D.) an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 Degree latitude. The diagram represents "scholar."**

Name.....**Hwa-Rang (1R&1D).**

Number of movements.....**29**

Definition.....**Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry division where Tae Kwon Do developed into maturity.**

3. Terminology

Attack.....**Gong-Kyuk**

Thank You Very Much.....**Ko Mop Same Da**

Turn Around.....**DioRo-Drat**

Opposite Side.....**Ban Dae-Ro**

Martial Art Student.....**Kwon-Won**

National Flag.....**Gook-Ki**

Escape Technique.....**HoSin-Sool**

Jumping Side Kick.....**E-Dan Yuhp Cha-Ghee**

4. Four Basic Stances

Joon-Bee Suh Ghee (Korean Term)

Jhoon-Bee Stance (Practice Ready Stance)

Feet placed shoulder distance apart, legs straight with toes pointing forward. Hands made into fists held belt high about 7 inches from the belt.

Ki-Ma Suh-Ghee (Korean Term)

Horse Back Wide Stance

Feet placed shoulder distance and a half apart, toes pointing forward. Both knees bent, keep the back straight.

Jung-Gool Suh-Ghee(Korean Term)

Front Stance

Front leg has a 90 degree bend at the knee; toes pointing forward, back leg is straight, toes pointing at a 45 degree angle from the direction being faced. The width of the foot placement is shoulder width.

Hoo-Gol Suh-Ghee (Korean Term)**Back Stance**

Front legs lightly bent, toes pointing the direction being faced. Back leg slightly bent, toes pointing 90 degrees away from the direction being faced. 30 percent of weight is on the front leg and 70 percent is on the back leg.

Black Belt Requirements

1st Degree Requirements

All lower belt terminology.

All lower belt forms

Found in Manual

General knowledge of the history of Korea

General knowledge of Martial Arts

General knowledge of difference in styles of Karate, TKD, Gung Fu

Founder's name of TKD- Choi Hong Hi

Father of Chung Do Kwan- Won Gook-Lee

Father of American TKD- Jhoone Rhee

Be able to explain any technique as Instructor to new student. Example- explain riding stance in detail.

Demonstrate any technique required for 1st degree black belt level

Name the type of forms practiced by our style

Board breaking- 4 stations of 2 (under 15 years of age it varies)

2nd Degree Requirements

All requirements of lower belts

More in depth understanding of techniques- explain execution of techniques and why. Example- why fore arm turn at the last moment in a side block. Reason- to deflect attack and to break fore arm bone.

Know the instructions of students and how to approach teaching a student.

Be able to answer:

Questions on proper procedures of class room "manners." Example- a lower ranking belt is teaching class. What should be done if higher belts walk in to the dojang? (If same style and same assoc.) Lower belt should offer class to higher belts out of courtesy. If higher belt declines but wishes to join class, they should join in back of class.

Board Breaking - 4 stations - 3 stations of 2 and 1 station of 3

3rd Degree Requirements

All lower belt requirements

Proper procedures for opening a school

Be able to answer these questions:

How do you handle 30 new students?

How do you conduct a demonstration? What do you look for in a demonstration?

How do you handle discipline problems, fighting, bad attitudes, improper conduct?

Board breaking: 2 stations of 3 and 2 stations of 2(1 station flying technique required)

***May sub 1 breaking station (not a flying station) for 4 blocks**

Black Belt Requirements

- 1. Must have participated in 5 tournaments and 6 demonstrations before testing for the first degree.**
- 2. Must come to class at least once a week.**
- 3. Must pay dues for: 1st Degree - \$20 per month - 3 month minimum payment. 2nd Degree - \$10 per month - 1 to 2 payments. 3rd Degree - free**
- 4. Attend Evaluation Tests.**
- 5. Notify instructors of prior visits to other schools, tournaments, ect..**
- 6. All Black Belts are to sign a participation form on whether or not they will attend scheduled testings.**
- 7. All Senior Black Belts (3rd Degree & up) are required to sit in on one testing board a year.**

Black Belt Evaluation Tests

Objectives:

- 1. To Raise the level of Performance of Senior belts.**
- 2. To Promote a timely testing schedule.**
- 3. To Motivate lower ranks toward higher Achievement.**

A. Scheduled twice a year.

B. Cost \$35 a test required! Failure to test still results in payment of said test.

Format: Evaluation of skills- will cover

Kicks

Forms

Hand to Hand

Sparring

Breaking

Knowledge

***Only 3 categories covered at each testing**

***Testings are Private/Black Belts Only**

Evaluation Form

***A "-" in the Fair column is unacceptable**

Fair

Good

Excellent

Remarks

Frontsnap Kick

Roundhouse Kick

Side Kick

Reverse Kick

Jumping Frontsnap Kick

Jumping Side Kick

Jumping Roundhouse Kick

Forms

Sparring

Hand to Hand

Breaking

Knowledge

School Spirit/Cooperations: _____

Explain:

Projected Promotional/ Test Date: _____

Comments: _____

Evaluation: _____
