**Chon-Ji (9th Kup)**

**Chon-Ji is the Hyung required for advancement from White Belt to White Belt with a Yellow Stripe.**

**The name Chon-Ji is translated “Heaven and Earth.”**

**(20 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** White = Innocence

1. Do Jang = Taekwon-do School / Studio

2. Do Bok = Uniform

3. Hyung = Form

4. Kihap = Yell

**DEMONSTRATION**

 **Skills:** **Sparring:**

 1. Proper Ready Stance 1. Fighting Stance

 2. Front Stance 2. Guards Up

 3. Back Stance 3. Kihap on attacks

 4. Middle block 4. Front Kicks

 5. Lower Block 5. Side Kicks

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear front and back stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Correct lower block, middle punch, middle block outward

**Tan-Gun (8th Kup)**

**Tan Gun is the Hyung required for advancement from White Belt with Yellow Stripe to Yellow Belt.**

**Tan Gun was the legendary founder of Korea in the year 2333 B.C.**

**(21 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Yellow Stripe = Planting the seed

1. See-Jaak = Begin

2. Go-Maan = Stop

3. Tiui = Belt **Counting**: 1 - 4

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another; show kindness, respect and proper manners.

**DEMONSTRATION**

 **Skills:** **Sparring:**

 1. Front Stance: move forward, backward 1. Fighting Stance

 2. Back Stance twin knife block 2. Guards Up

 3. High Punch 3. Kihap on attacks

 4. Lower Block-Rising Block Combination 4. Continuous Fighting

 5. Twin Rising Block 5. Front, Side, Roundhouse Kicks

 6. Jumping Front Kick

 **Self Defense:**

 3 Step Fighting: 1

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear front and back stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Maximum power

 6. Correct twin knife hand block, high punches, rising blocks, knife strike

**To-San (7th Kup)**

**To-San is the Hyung required for advancement from Yellow Belt, to Yellow Belt with Blue Stripe.**

**To-San was the pen name of Ahn Ch'ang Ho, a Korean patriot who devoted his life to furthering education in Korea.**

**(26 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Yellow = Yellow sprout

1. Gam-sa-hap-nida = Thank You

2. Chue-man-eyo = You are welcome

3. Sabum nim = Teacher  **Counting**: 1 - 4

4. Hacksend = Student

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another, show kindness, respect and proper manners.

2. **Integrity (**Yom Chi) Choosing right even when no one else will know; to be honest.

**DEMONSTRATION**

 **Skills:** **Sparring:**

 1. Back Stance: move forward, backward 1. Fighting Stance

 2. Middle block outward 2. Guards Up

 3. Spear-hand attack: right and left 3. Kihap on attacks

 4. Back fist: left and right 4. Continuous Fighting

 5. Reverse Kicks: front and side 5. Jumping Kicks

 6. Combination Kicks

 **Self Defense:**

 3 Step Fighting: 2 and 3

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear front and back stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Maximum power

 6. Correct block-punch combination, twin knife, spear hand, back fist, reverse kicks,

 horse-back stance

**Won-Hyo (6th Kup)**

**Won-Hyo is the Hyung required for advancement from Yellow Belt with Blue Stripe to Blue Belt.**

**Won-Hyo was a noted monk who spread Buddhism in Korea during the Silla Dynasty (686 A.D.).**

**(28 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Blue Stripe = Yellow sprout

1. Chareyut = Attention growing under blue sky

2. Kyung Rea = Bow

3. Choon Be = Ready **Counting**: 1 - 10

4. Sugi = Stance

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another, show kindness, respect and proper manners.

2. **Integrity** (Yom Chi) Choosing right even when no one else will know; to be honest.

3. **Perseverance** (In Nae) To not give up; to keep trying again even when a task is difficult.

**DEMONSTRATION**

 **Skills:** **Sparring:**

1. Ready stance fist to palm feet together

2. Twin rising block reverse knife strike 1. Fighting Stance

3. Correct 3 part side kick 2. Guards Up

4. Spear hand 3. Kihap on attacks

 4. Continuous Fighting

 5. Crescent-Side Kick

 6. Right-Left Kicking combinations

 **Self Defense:**

 3 Step Fighting: 4 and 5

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear front and back stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Maximum power

 6. Correct twin rising block-strike-punch combination, spear hand attack,

 foot check-fist block-side kick combination, middle block outward

**Yul-Kok (5th Kup)**

**Yul-Kok is the Hyung required for advancement from Blue Belt to Blue Belt with Purple Stripe.**

**Yul-Kok was the nickname of Yi I, a philosopher and scholar who was nicknamed the “Confucius of Korea."**

**(28 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Blue sky

1. Jjirugi = Punch

2. Makgi = Block

3. Chagi = Kick  **Counting**: 1 - 20

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another, show kindness, respect and proper manners.

2. Integrity (Yom Chi) Choosing right even when no one else will know; to be honest.

3. Perseverance (In Nae) To not give up; to keep trying again even when a task is difficult.

4. Self-Control (Guk Gi) To be in charge of one’s actions, decisions and emotions.

**DEMONSTRATION**

 **Skills: Sparring:**

 1. Horseback stance 1. Fighting Stance

 2. Pressing block 2. Guards Up

 3. Reverse elbow strike 3. Kihap on attacks

 4. Twin rising knife block 4. Continuous Fighting

 5. Cat stance back fist 5. Reverse kicks

 6. Twin fist middle block 6. Double kicks

 **Self Defense:**

 3 Step Fighting: 6 and 7

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Maximum power

 6. Correct reverse side kick-elbow smash, back fist-break away-punch, cat stance,

 twin fist block middle block

**Choon-Gun (4th Kup)**

**Choon-Gun is the Hyung required for advancement from Blue Belt with Purple Stripe to Purple Belt.**

**Choon-Gun was a Korean Patriot who assassinated the first Japanese Governor-General of Korea.**

**(32 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Purple Stripe = Blue sky

1. Ap = Front helps growing

2. Yup = Side

3. Dui = Back **Counting**: 1 - 30

4. Kal Yo = Break

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another, show kindness, respect and proper manners.

2. **Integrity** (Yom Chi) Choosing right even when no one else will know; to be honest.

3. **Perseverance** (In Nae) To not give up; to keep trying again even when a task is difficult.

4. **Self-Control** (Guk Gi) To be in charge of one’s actions, decisions and emotions.

5. **Indomitable Spirit** (Baekjul Boolgool) Giving your 100% to what is right and honorable.

**DEMONSTRATION**

 **Skills: Sparring:**

 1. Proper ready stance 1. Fighting Stance

 2. Cat stance ridge hand strike 2. Guards Up

 3. Palm heel block 3. Kihap on attacks

 4. Reverse elbow strike 4. Continuous Fighting

 5. Twin fist head strike middle punch 5. Hook kick

 6. Backfist strike breakaway

 7. Twin rising pole block

**Self Defense: Breaking:**

 3 Step Fighting: 8 and 9 1. Foot technique

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Twin fist block

 6. Correct reverse side kick landing in front stance

**Toi-Gye (3rd Kup)**

**Toi-Gye is the Hyung required for advancement from Purple Belt to Purple Belt with Brown Stripe.**

**Toi-Gye was the nickname of Yi Hwang, a noted scholar and an authority on Neo-Confucianism.**

**(37 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Purple Belt = Noble

1. Sang-Dan = High

2. Joondan = Middle

3. Hadan = Low  **Counting**: 1 - 50

4. Makgi = Block

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another, show kindness, respect and proper manners.

2. **Integrity** (Yom Chi) Choosing right even when no one else will know; to be honest.

3. **Perseverance** (In Nae) To not give up; to keep trying again even when a task is difficult.

4. **Self-Control** (Guk Gi) To be in charge of one’s actions, decisions and emotions.

5. **Indomitable Spirit** (Baekjul Boolgool) Giving your 100% to what is right and honorable.

**DEMONSTRATION**

 **Skills: Sparring:**

 1. “U Block” with crescent and instep stomp 1. Fighting stance

 2. Reverse head strike with knee 2. Guards Up

 3. Spearhand strike to head 3. Kihap on attacks

 4. Double fist crossing low block in cat stance 4. Continuous Fighting

 **Self Defense: Breaking:** (age 14 and older)

 3 Step Fighting: 10 1. Foot technique

 2 Step Fighting: 1

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear front and back stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

**Hwa-Rang (2nd Kup)**

**Hwa-Rang is the Hyung required for advancement from Purple Belt with Brown Stripe to Brown Belt.**

**The Hwa-Rang was a**

**group of young warriors that originated in the Silla Dynasty and became a main force in the unification of the three Kingdoms of Korea.**

**(29 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Brown Stripe = Growing

1. Combine positions with hand techniques nobly towards the harvest

2. Combine positions with foot techniques

3.Combine positions with stances **Counting**: 1 - 70

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another, show kindness, respect and proper manners.

2. **Integrity** (Yom Chi) Choosing right even when no one else will know; to be honest.

3. **Perseverance** (In Nae) To not give up; to keep trying again even when a task is difficult.

4. **Self-Control** (Guk Gi) To be in charge of one’s actions, decisions and emotions.

5. **Indomitable Spirit** (Baekjul Boolgool) Giving your 100% to what is right and honorable.

**DEMONSTRATION**

 **Skills: Sparring:**

 1. Slow palm heel in correct horseback stance 1. Fighting Stance

 2. Downward palm block for fist attack 2. Guards Up

 3. Reverse roundhouse kicks right and left 3. Kihap on attacks

 4. Reverse middle punch in backstance 4. Continuous Fighting

 **Self Defense: Breaking:** (age 14 and older)

 2 Step Fighting: 1 and 2 1. Foot technique

 **Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Maximum power

**Chung-Mu (1st Kup)**

**Chung-Mu is the Hyung required for advancement to Brown belt with a Black stripe.**

**Chung-Mu was the great Admiral Yi Soon-Sin of the Lee Dynasty reputed to have invented the first armored battleship (Kobukson) in 1592. The reason why this pattern ends with a left hand attack is to symbolize his regrettable early death.**

**(30 movements)**

**PROMOTION TEST REQUIREMENTS**

**KNOWLEDGE**

**Vocabulary: Belt:** Brown Belt = Harvest

1. Ttuiu = jumping

2. Daeryun = fighting

3. Ttuiu- Chagi = jumping kick **Counting**: 1 - 100

**TAEKWON-DO TENETS:**

**1. Courtesy** (Ye Ui) To be polite to one another, show kindness, respect and proper manners.

2. **Integrity** (Yom Chi) Choosing right even when no one else will know; to be honest.

3. **Perseverance** (In Nae) To not give up; to keep trying again even when a task is difficult.

4. **Self-Control** (Guk Gi) To be in charge of one’s actions, decisions and emotions.

5. **Indomitable Spirit** (Baekjul Boolgool) Giving your 100% to what is right and honorable.

**DEMONSTRATION**

 **Skills: Sparring:**

 1. Rising knife hand block knife hand strike 1. Fighting Stance

 2. Reverse jumping side kick 2. Guards Up

 3. Roundhouse back/kick combination 3. Kihap on attacks

 4. Backstance spinning 360 jump 4. Continuous Fighting

 5. Sidekick back kick combination

 **Self Defense: Breaking:** (age 14 and older)

 3 Step Fighting: 1 - 10 1. Foot Technique

 2 Step Fighting: 1 - 3 2. Hand Technique

**Hyung:**

 1. Kihap - beginning and end of form demonstration

 2. Clear front and back stances

 3. Chamber before each hand technique

 4. Eyes up - on imaginary opponent

 5. Maximum power