

Testing Information

8th – 7th

Testing from Yellow Belt (8th Gup) to Green Stripe (7th Gup)

Pattern (tul)

Dan-Gun

Ready Stance: Open Parallel Ready Stance

Movements: 21

Diagram: I

Dan-Gun is named after Dan-Gun, the legendary founder of Korea in the Year 2333 B.C.

Step Sparring.

Sambo (3 step sparring) L-Stance (defense) - VS - Walking Stance Intermediate (2 counters - I foot and I hand) no contact

Self-defense-

- I Joint attack from a single straight grab to the wrist
- I Joint attack from a single cross grab to the wrist
- I Joint attack from a double grab to the wrists
- I Joint attack from a single grab to the lapel
- I Demonstrate basic understand of pressure points

Kicks:

Bandal-Chagi Crescent Kick

Golcho-Chagi Hooking Kick

Twimyo-Yop-Cha-Jirugi Jump Side Kick

Break:

Yon-Sok-Chagi Consecutive Kick: 2 different kicks using the same foot (do not touch floor between kicks) at 2 stations - I board/station

Techniques.

1. L - Stance Knife hand Guarding Block
2. Walking Stance high Obverse Punch
3. L - Stance Twin Forearm Block
4. Walking Stance Forearm Rising Block
5. L - Stance Knife hand Middle Side Strike

Belt:

Yellow Belt signifies earth from which a plant sprouts and takes root as Taekwon-Do foundation is being laid.

Student Oath:

I shall observe the tenets of Taekwon-Do

I shall respect instructors and seniors

I shall never misuse Taekwon-Do

I will be a champion of freedom and justice

I will build a more peaceful world

Classes of Black Belts:

1 st - 3rd Dan Novice

4th - 6th Dan Expert

7th - 8th Dan Master

9th Dan Grand Master

Uniform:

Club patch on the right shoulder and USA patch on left shoulder are required on do-bok. Please have do-boks neat and clean for testing and tournaments.