

# Promotion Requirements

## for White Belts (10<sup>th</sup> Gup)

CURRENT BELT:

## 2 Basic Techniques

**2.1 Stances:** Front Stance, Sitting Stance, and Back Stance

**2.2 Hand Techniques:**

Middle punch, Down block, Outer middle block, Inside middle block, High block

**2.3 Kicking Techniques**

Front kick, Back leg turning kick (a.k.a. roundhouse kick), Front leg turning kick (a.k.a. fast kick), Reverse step turning kick, Lifting leg, Crescent kicks (Inside to outside & outside to inside), Axe kick (straight leg)

**2.4 Breaking Techniques:** Axe Kick

## 3 Sparring Step Drills

**3.1 From Left Sparring Stance (Right leg back)**

**1) Switch, Block, Punch, Turning Kick**

- Switch to Right Sparring Stance (left leg back) and execute a right down block.
- Execute left middle punch.
- Execute left turning kick, and ki-up.
- Plant the left foot close to the right foot, and move the right foot moves back to form left sparring stance.

**2) Front Leg Turning Kick (Fast Kick)**

- Slide forward lifting the left leg, planting right foot where the left foot started, and execute left turning kick.
- Step forwards after the kick, then slide back (Hoojin step) to the original position.

**3) Reverse Step Turning Kick**

- Execute reverse step by moving clockwise with the right foot and execute left turning kick.
- Step forwards after the kick, then slide back (Hoojin step) to the original position.

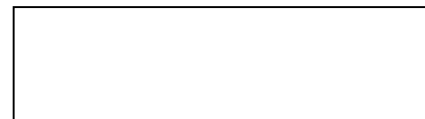
## 4 Vocabulary Reference

Attention	Charyut
Bow	Kyongryet
Ready	Joonbi
Hello/How are you?	Ahn young ha seyo.
Thank you	Kam sa ham nida.
You're welcome	Chon man hae yo.
My name is [your name here].	[your name here] em nida.
Flag	Gukgi

Counting 1-5	Hana, Tul, Set, Net, Dasot
Counting 6-10	YeoSot, Illogop, Yeodull, Ahope, Yeol
Instructor	Kyosoonim
Class captain	Banjangnim
Uniform	Dobok
School/gym	Dojang
Have a nice journey.	Ahn nyoung hee ka seyo.
Have a nice stay.	Ahn nyoung hee kae seyo.

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### 5 CHUN-JI

#### MOVEMENTS: 19

**DEFINITION:** Chun means "heaven" and Ji translates as "earth". Its meaning translates to creation of the Earth in many Asian cultures, or is the concept of the beginning of the human race. The pattern has only four directions, signifying North, South, East and West, which are important in the geomantic practices of Taoist religions.

1. Turn **90 degrees** to the **left** with left leg to 9 o'clock, and execute **left down block** with **left front stance**.
2. Move right leg forward, and execute **right middle punch** with **right front stance**.  
NOTE: There are no walking stances in any of the ITF poomse.
3. Turn **180 degrees** to the **right** with right leg to 3 o'clock, and execute right down block with **right front stance**.
4. Move left leg forward, and execute **left middle punch** with **left front stance**.
5. Turn **90 degrees** to the **left** with left leg to 12 o'clock, and execute **left down block** with **left front stance**.
6. Move right leg forward, and execute **right middle punch** with **right front stance**.
7. Turn **180 degrees** to the **right** with right leg to 6 o'clock position, and execute **right down block** with **right front stance**.
8. Move left leg forward, and execute **left middle punch** with **left front stance**.
9. Turn **90 degrees** to the **left** with left leg to 3 o'clock, and execute **left inside middle block** with **left back stance**.
10. Move right leg forward, and execute **right middle punch** with **right front stance**.
11. Turn **180 degrees** to the **right** with right leg to 9 o'clock, and execute **right inside middle block** with **right back stance**.
12. Move left leg forward, and execute **left middle punch** with **left front stance**.
13. Turn **90 degrees** to the **left** with left leg to 6 o'clock, and execute **left inside middle block** with **left back stance**.
14. Move right leg forward, and execute **right middle punch** with **right front stance**.
15. Turn **180 degrees** to the **right** with right leg to 12 o'clock, and execute **right inside middle block** with **right back stance**.
16. Move forward with left leg, and execute **left middle punch** with **left front stance**.
17. Move forward with right leg, and execute **right middle punch** with **right front stance**.
18. Move backward with right leg, and execute **left middle punch** with **left front stance**.
19. Move backward with left leg, and execute **right middle punch** with **right front stance**. Ki-up loudly.

MOVE LEFT LEG BACK TO JOON BI STANCE.