

Promotion Requirements

for Yellow Belts (9th Gup)

CURRENT BELT:



Basic Techniques
<p>Stances: Walking Stance, Turning around in stances</p> <p>Hand Techniques:</p> <p>Outside to inside middle block</p> <p>Kicking Techniques</p> <p>Back leg side kick, Step in side kick, Back-front double kick</p> <p>Breaking Techniques: Axe Kick, Front Kick, Step in Side Kick</p>
Sparring Step Drills
<p>From Left Sparring Stance (Right leg back)</p> <p>4) Full-circle step Turning Kick</p> <ul style="list-style-type: none"> a) Execute backward reverse step by moving clockwise with left leg b) Left turning kick, landing forwards with left leg forward to original position. <p>5) Step back, turning kick</p> <ul style="list-style-type: none"> a) Ilbo hujin step (step back), with right leg forward and right down block b) Left turning kick, landing forwards with left leg forward to original position. <p>6) Double Kick</p> <ul style="list-style-type: none"> a) Back-front double turning kick, landing forward after the kick. b) Hujin step (Slide back)
One Step Sparring Drills
<p>1) Step to the right, knife-hand block and counter punch</p> <ul style="list-style-type: none"> a) Step the left foot over the right foot with left hand preparing for knife-hand outside middle block. b) Move right foot 45 degrees to 1:30 (northeast) position and execute left knife-hand outside middle block in sitting stance. c) Execute right high punch and ki-up. d) Move right foot back behind the left foot, and left foot back to joonbi. <p>2) Step to the left, knife-hand block and counter punch</p> <ul style="list-style-type: none"> a) Move right foot over the left foot with right hand preparing for knife-hand outside middle block. b) Move left foot 45 degrees to 10:30 (northwest) position and execute right knife-hand outside middle block in sitting stance. c) Execute left high punch and ki-up. d) Move left foot back behind the right foot, and right foot back to joon bi. <p>3) Move back, front kick, Grab, and punch</p> <ul style="list-style-type: none"> a) Move right foot back, into left natural stance with hands coming into guarding position. b) Execute right front kick, and use left hand to pull the attacker's hand. c) Execute right high punch with right front stance, and ki-up. d) Move right foot back to joonbi stance.

TAE GEUK IL CHANG

MOVEMENTS: 18

DEFINITION: Represents actions of Keon of Palgwe principle symbolizing Heaven and the Light. Keon is the source of life and creation. Beginning students must now start with great enthusiasm and learn the joys of tae kwon do and life.

1. **Turn 90 degrees** to the **left** with left leg into a **left walking stance** with **left down block**.
2. Moving forward with the **right** leg aiming with the left hand into a **right walking stance** with **right middle punch**.
3. Turn **180 degrees** to the **right** moving the front leg(right leg) into a **right walking stance** with **right down block**..
4. Moving forward with the left leg aiming with the right hand into a **left walking stance** with **left middle punch**.
- 5-6. Turn **90 degrees** to the **left** moving the front leg(left leg) into a **left front stance** with **left down block**. Immediately followed by **right mid-section counter punch**. This is two moves in one count.
7. Turn **90 degrees** to the **right** moving the back leg(right leg) into a **right walking stance** with **left out-to-in middle block**..
8. Moving forward with the left leg aiming with the left hand into a **left walking stance** with **right middle punch**.
9. Turn **180 degrees** to the **left** moving the front leg(left leg) into a **left walking stance** with **right out-to-in middle block**.
10. Moving forward with the right leg aiming with the right hand into a **right walking stance** with **left middle punch**.
- 11-12. Turn **90 degrees** to the **right** with the front leg(right leg) into a **right front stance** with a **right down block**. Immediately followed by a **left mid-section counter punch**. Again 2 moves in a one count.
13. Turn **90 degrees** to the **left** moving the back leg(left leg) into **left walking stance** with **left high block**.
14. Throw **back leg(right leg) front kick**, and land forward to **right walking stance** with **right middle punch**.
15. Turn **180 degrees** to the **right** moving the front leg(right leg) into **right walking stance** with **right high block**.
16. Throw **back leg(left leg) front kick**, and land forward into **left walking stance** with **left middle punch**.
17. Turn **90 degrees** to the **right** moving the front leg(left leg) into **left front stance** with **left down block**.
18. Moving forward with the right leg into a **right front stance** with **right middle punch**. Ki-up loudly!

TURN COUNTERCLOCKWISE WITH LEFT LEG BACK TO JOON BI STANCE.