

BELT REQUIREMENT

YELLOW/BLACK TO PURPLE/WHITE

QUESTIONS	ANSWERS
NAME THE 7 PRINCIPLES OF BLACK BELTS	
HOW DO YOU SAY FORMS IN KOREAN	
HOW DO YOU SAY FLAG IN KOREAN	
COUNT TO 10 IN KOREAN	
SCHOOL RULES # 9 & 10	
WHAT DOES PERSEVERANCE MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	10
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE
PUNCHES	JAB, REVERSE PUNCH, HAMMER PUNCH, ELBOW STRIKES 1-7
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK
KICKS	PUSH KICK, SNAP KICK, 45° ROUNDHOUSE, STEP TOGETHER SIDE KICK, KNEE STRIKE, 90° ROUND HOUSE KICK, STEP BEHIND SIDE KICK
SELF-DEFENSE	YELLOW BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, TAEGUEK IL JANG

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