



Gold Belt Testing for Gold Stripe Belt

Questions

Why do we practice breaking boards?

We practice breaking to develop power, precision, concentration, and to actually test the effectiveness of various techniques.

Why do we use control in free sparring?

We practice control in free sparring to demonstrate mental discipline and physical control of ourselves. It is much more difficult to control one's technique than it is to make contact. Control in free sparring will build self confidence which indicates a strong mind.

Terminology

English

Double Knife Block
Turn Around
Come Back
Flag
Back Stance
Form

Korean

Sun Nahl Makki
Tee Doh Trah
Bah Row
Kuk Key
Dweet Coo Bee
Poom Say

Hand Techniques

- 1) Double Knife Block
- 2) Single Knife Block

Kicking

- 1) Round Kick, Back Kick
- 2) Skip Round Kick (Fast Kick), Out to In Ax Kick
- 3) Jumping Skip Side Kick**

Form

Taeguk Il Jang

Breaking

- 1 Target - Palm Strike or Skip Side Kick

Experience:

Minimum 12 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**