



Gold Stripe Belt Testing for Green Belt

Questions

Why is it necessary to practice forms and basic techniques?

Forms and basic techniques build a necessary foundation for achieving coordination, agility, and skill.

How do we concentrate?

We concentrate with our ears, eyes, body and mind.

Terminology

English

Spear Finger Strike

Meditation

Rest

Sparring

Your Welcome

Hello, how are you?

Korean

Pyun Sun Keut

Myung Sang

Sheor

Kyroogi

Chum Ma Nayo

Ahn Young Ha Shim Nee Kah

Hand Techniques

1) Spear Finger

2) Elbow Strike

Kicking

1) Round Kick, Spinning Round Kick

2) Stepping In to Out Ax Kick, Back Kick

3) Defensive Jumping Round Kick (Paday Chagee)**

Form

Taeguk Ee Jang

Breaking

2 Targets - Palm Strike & Skip Side Kick

Physical Fitness

Push-Ups (Male – 10, Female – 8)

Sit-Ups 30 (Male & Female)

Show Proper Technique (Hurdler & Butterfly Stretch)

Experience

Minimum 16 Classes

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