

# YELLOW BELT

## TAEKWON-DO REQUIREMENTS

8TH GUP (YELLOW BELT) test for 7TH GUP (GREEN STRIPE)

Name: (Please print First and Last)

Signature:

Age:

I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.

Date of completion:

### ATTENDANCE

Attend a minimum of 16 Beginning level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 9: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 10: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 11: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 12: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 13: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 14: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 15: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 16: DATE _____

### CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:

COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

At home, school, and public (Including grade point average)

<input type="checkbox"/> <b>COMPLETE</b>	Parent's Name: (If the student is under the age of 18):
_____	Parent's Signature:
DATE:	

In Studio

<input type="checkbox"/> <b>COMPLETE</b>	Examiner's Name (Print Name):
_____	Examiner's Signature:
DATE:	

In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

### STANCES

No new stance required

<input type="checkbox"/> <b>COMPLETE</b>	Examiner's Name (Print Name):
_____	Examiner's Signature:
DATE:	

### HAND TECHNIQUES

- Downward strike with the knifehand
- Guarding block with the knife-hand
- Twin block with the outer forearms
- Rising block with the outer forearm
- Outward strike with the knife-hand

<input type="checkbox"/> <b>COMPLETE</b>	Examiner's Name (Print Name):
_____	Examiner's Signature:
DATE:	

### PATTERN

- Dan-Gun

<input type="checkbox"/> <b>COMPLETE</b>	Examiner's Name (Print Name):
_____	Examiner's Signature:
DATE:	

### KICKING

- Side Piercing kick (lead leg, rear leg & stepping motion)
- Back Piercing kick (Front & Back)

<input type="checkbox"/> <b>COMPLETE</b>	Examiner's Name (Print Name):
_____	Examiner's Signature:
DATE:	

## ► **CONDITIONING**

- Jumping Jacks (40)
- Push-ups (20)
- 4 count body builders (20)
- Mountain Climbers (40)
- Sit-ups (1 Minute)
- Front rising kick (10) min. height: High-Level
- Front rising in a circle (10) min. height: High-Level
- Side rising kick (10) min. height: High-Level
- Stretching - Side & Front Splits, Feet together

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► **BREAKING**

- Children (Ages 13 and under)
- 1/2 Board Side Piercing kick
- Women & Juniors (Juniors age 13 to 17)
- 1/2 Board Side Piercing kick
- Men (Ages 18 and above)
- 1 Board Side Piercing kick

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► **KNOWLEDGE**

- **Counting to 30 in Korean:**
  - 21 - Sumul HANA      26 - Sumul YASUT
  - 22 - Sumul DOOL     27 - Sumul ILGOP
  - 23 - Sumul SET        28 - Sumul YAUDUL
  - 24 - Sumul NET       29 - Sumul AHAUL
  - 25 - Sumul TASUT    30 - SORAN
  
- **The Dan-Gun pattern Interpretation:** Dan-Gun is named after the Holy Dan-Gun, legendary founder of Korea in the year of 2,333 B.C.  
  
Dan-Gun has 21 movements, and its diagram is the shape of a capital "I".
  
- **The Three Classes of Black Belt:**
  - 1st - 3rd Dan Novice (Boo Sa-Bum)
  - 4th - 6th Dan Expert (Sa-Bum)
  - 7th - 8th Dan Master (Sa-Hyung)
  - 9th Dan Grand Master (Sa-Sung)
  - (General Choi Hong Hi is the Grand Master)

- **Demonstration of Tenets:**  
INTEGRITY: In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:
  1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
  2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
  3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
  4. The student who requests rank from an instructor or attempts to purchase it.
  5. The student who gains rank for ego purposes or the feeling of power.
  6. The instructor who teaches and promotes his art for materialistic gains.
  7. The student whose actions do not live up to his words.
  8. The student who feels ashamed to seek opinions from his juniors.

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature: