

YELLOW STRIPE

TAEKWON-DO REQUIREMENTS

9TH GUP (YELLOW STRIPE) test for 9TH GUP (DOUBLE YELLOW 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"/> COMPLETE	Parent's Name: (If the student is under the age of 18):
DATE: _____	Parent's Signature:

In Studio

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

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

○L-stance

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

HAND TECHNIQUES

- Hook Punch
- Uppercut Punch

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

PATTERN

○Chon-Ji

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

KICKING

- Turning kick (lead leg, rear leg & stepping motion)
- Side Turning kick (lead leg, rear leg & stepping motion)
- Combination kicking (2 or more kicks alternating feet)

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

► **CONDITIONING**

- **Jumping Jacks (30)**
- **Push-ups (15)**
- **4 count body builders (15)**
- **Mountain Climbers (30)**
- **Sit-ups (45 seconds)**
- **Front rising kick (10)** min. height: Mid-Level
- **Front rising in a circle (10)** min. height: Mid-Level
- **Side rising kick (10)** min. height: Mid-Level
- **Stretching - Side & Front Splits, Feet together**

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

► **BREAKING**

- Children (Ages 13 and under)
- **1/2 Board Front Snap kick or Turning kick**
- Women & Juniors (Juniors age 13 to 17)
- **1/2 Board Turning kick**
- Men (Ages 18 and above)
- **1 Board Turning kick**

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► **KNOWLEDGE**

- **Counting to 20 in Korean:**

11 - Yaul HANA	16 - Yaul YASUT
12 - Yaul DOOL	17 - Yaul ILGOP
13 - Yaul SET	18 - Yaul YAUDUL
14 - Yaul NET	19 - Yaul AHAUL
15 - Yaul TASUT	20 - SUMUL
- **The meaning of Yellow Belt:** Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
- **Chon-Ji pattern Interpretation:** Chon-Ji means literally "The Heaven The Earth." In the Orient it is interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one represents Heaven and the other represents Earth.

Chon-ji has 19 movements, and its diagram is the shape of a "plus" sign.

- **The country in which Taekwon-Do originated:** Korea

The name of the Father of Taekwon-Do and his Rank: The father of Taekwon-Do is General Choi Hong Hi, 9th Degree Black Belt, and Grand Master.

The literal translation of Taekwon-Do:

Tae – Jumping, flying; to kick or smash with the foot
 Kwon – Fist; to punch, or to destroy with hand or fist
 Do – art or way

Taekwon-Do: The mental training and techniques of unarmed combat for self defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

- **The Characteristics of an L-Stance (Niunja Sogi):** The L-stance is about 2.5 centimeters (1 inch) wide, measured from the inside heel of the front foot to the back heel of the rear foot (also measured from the toes of the front foot to the back heel of the rear foot). It is approximately 1.5 shoulder widths long, measured from the footsword of the rear foot to the toes of the front foot. The weight is distributed about 70% on the rear foot and 30% on the front foot. The rear leg is bent so that the kneecap is over the toes of the rear foot. Both feet are turned inward about 15 degrees. The rear hip is aligned with the inner knee joint of the rear knee. This stance is named for the rear foot and is always performed half facing. Arms are held in a middle guarding position.
- **The nine points to be observed while performing a pattern:**
 1. Accuracy; a pattern should begin and end on the same spot.
 2. Correct posture and facing should be maintained at all times.
 3. The muscles of the body should be tensed and relaxed at the proper moments.
 4. A pattern should be performed in rhythmic movements with an absence of stiffness.
 5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
 6. Each pattern should be perfected before going on to the next.
 7. Students should know the purpose of each movement.
 8. Students should perform each move with realism.
 9. Attack and defense techniques should be equally distributed among left and right hands and feet.

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	Examiner's Signature: