



REQUIREMENTS TO TEST FOR 7TH GEUP (yellow belt with a green stripe)

A student should have completed (a) 30 total hours of class time at the 8th geup (yellow belt) level, (b) no less than 3 months and (c) 2 tip tests to be deemed ready to test.

<u>Korean words to know:</u>	
<u>Korean</u> Ti-rho do-rah Parro Sho Poomse Gyroogi Anyong-ni-ca-shipshio Ki-hop	<u>English</u> Turn around Return to ready stance At ease Forms Fighting/Sparring Good Bye/ Go in Peace (from guest to host) Yell
<u>Stances:</u> Back Stance	<u>Footwork:</u> Chungin Roundhouse Kick Whoogin Rondhouse Kick Ilbo Chungin Roundhouse Kick Ilbo Whoogin Roundhouse Kick
<u>Blocks:</u> Double Knife Hand Guarding Block (Low, Mid, High) Side Block	<u>Strikes:</u> Knife-hand Strike to the temple
<u>Kicking:</u> Back Kick Fast Kick Jump Front Kick	<u>Gyroogi:</u> Basic knowledge of sparring rules, including scoring area
<u>Self Defense:</u> #1 Escape from a single handed lapel grab, inside to outside with a push. #2 Escape from a single handed lapel grab, outside to inside with a push. #3 Escape from a two handed arm grab attack. #4 Escape from a two handed lapel grab (over, under, twist and shove). <i>Understand the basic motion of a forward roll and break fall.</i>	
<u>Other Required Learning:</u> <i>At this point it is highly recommended to have both DVDs in the Power Poomse set.</i>	
<u>Poomse</u> Taeguek Yi-Jang (#2) Palgwe Ill-Jang (#1)	