



REQUIREMENTS TO TEST FOR 8TH GEUP (yellow belt)

A student should have completed (a) 30 total hours of class time at the 10th and 9th geup (white belt) level and (b) no less than 12 weeks.

<p><u>The Five Tenets of Taekwondo</u></p> <p>Students should know their meanings and why they are important in Taekwondo.</p> <p style="display: flex; justify-content: space-around;">MODESTY PERSERVERANCE SELF CONTROLL</p> <p style="display: flex; justify-content: space-around;">INDOMINABLE SPIRIT ETIQUETTE</p> <p style="text-align: center;"><u>Our Philosophies</u></p>			
<p><u>Korean words to know:</u></p>		<p><u>Korean</u></p>	<p><u>English</u></p>
<p><u>Korean</u></p> <p>Dojang Charyeut Choonbi Kyeung Ye Sabu Nim Kansahmnida</p>	<p><u>English</u></p> <p>Training gym Attention Ready Stance Bow Instructor Thank you</p>	<p>Hana Duel Set Net Dahsut Yahset Illgo Yahduel Ah hap</p>	<p>One Two Three Four Five Six Seven Eight Nine</p>
<p><u>Stances:</u></p>	<p>Walking Stances Front Stance Horseback Riding Stance</p>	<p><u>Strikes:</u></p>	<p>Lunge Punch Reverse Punch Double Punch</p>
<p><u>Blocks:</u></p>	<p>Low Block Front Block Rising Block</p>	<p><u>Footwork:</u></p>	<p>Chungin (forward slide) Whoogin (backward slide) Ilbo Chungin (forward step) Ilbo Whoogin (backward step)</p>
<p><u>Kicking:</u></p>	<p>Rising Kick Front Snap Kick Crescent Kick Reverse Crescent Kick Round House Kick Side Kick</p>	<p><u>Self Defense:</u></p>	<p>#1 Wrist grab escape, same side (elbow to elbow) #2 Wrist grab escape with push, same side (wave) #3 Wrist grab escape, cross arm (pizza) #4 Wrist grab escape with push, cross arm (spaghetti) <i>Side fall slaps (lying on the mat and slapping from side to side)</i> <i>Starting position for forward falls and rolls</i></p>
<p><u>Other Required Learning for Yellow Belt:</u></p> <p style="margin-top: 20px;"><u>Poomse</u> Taeguek Ill Jang (#1)</p>			