

# PROMOTION TEST STUDY GUIDE GREEN/BLUE STRIPE TO BLUE BELT

## FORMS

**Name-** (ITF) *Won Hyo*

**Meaning-** The monk who introduced Buddhism to the Silla Dynasty in 686 A.D. 28 movements

**Name-** (WTF) *Palgwe Sa Jang*

**Meaning-** Concept of Thunder (Jin) Thunder evokes fear in many people, and this hyung uses this principal to teach the practitioner to be calm, even in the face of impending danger, this form also combines strikes and blocks in such a manner they instantly follow each other, similar to the relationship of thunder and lightning

## FOOT AND HAND TECHNIQUES:

<i>COMBINATION TECHNIQUES</i>	<i>FOOT TECHNIQUES</i>	<i>HAND TECHNIQUES</i>	<i>SPARRING</i>
Punch- backside kick	Jumpsideside	Circle block	Know 6 one step
Front kick- side kick- backside kick	Jumpgroundhouse kick	Inward knifehand block	No contact free sparring
Roundhousekick- backreverse kick	Jumpbackside kick	Middle forearm block	
Double punch- roundhouse kick		High X block	
Double punch- double (middle-high) roundhouse kick		Low X block	

**DEMONSTRATE:** Explain and demonstrate possible applications of form techniques

**SELF-DEFENSE:** Two techniques against: **Left roundhouse kick** - step forward with left foot forming a left walking stance while executing a circular block with the right inner forearm, catching the kick under the right arm and holding tight. Kick attacker's knee with right foot and step forward forcing attacker to ground.

**Right hand back fist** - step out with left foot into fighting stance executing a middle guarding block with the forearm placing the left leg in front of the attackers front leg. Grab attacker's right arm and shoulder, step out with right foot and keeping left foot against attackers leg use a circular motion bring attacker to a forward face fall.

**BREAKING:** 4 boards - one step side, one roundhouse, one palm punch, elbow strike

**WEAPONRY:** Bong Il Hyung - Entire form at normal pace alone: Demonstrate weapon of choice

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**TERMINOLOGY:** *Count thirty to forty in Korean:* 30= silhan, 31= silhan hana, 32= silhan tul, 33= silhan set, 34= silhan net, 35= silhan da suht, 36= silhan yuh suht, 37= silhan il goh, 38= silhan yul dul, 39= silhan a-hoe, 40= ma han

*Tenants of Tae Kwon Do:* Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit and the meaning of each word.

**VOCABULARY:** **San dan-** high section, **Jung dan-** middle section, **Ha dan-** low section, **Jeja-** student, **Simsa-** test, **Annun sogi-** sitting stance, **Gunnan Sogi-** walking stance, **Niunga sogi-** L-stance (fighting stance), **Makgi-** block, **Bommo-** defense, **Gong Gyok-** attack, **Jirugi-** punch, **Pandal Chagi-** crescent kick

**OPEN A CLASS IN KOREAN**

<i>JEJA'S CHUL SA -</i>	Student's line up
<i>AHN YOUNG HA SAY YO -</i>	Good morning, Good afternoon, Good evening
<i>CHA RUTT-</i>	Attention
<i>BOW TO THE FLAGS -</i>	Gook gi Charyot Kong ye
<i>BOW TO THE INSTRUCTOR-</i>	<b>Yu Gup Cha Nim</b> Charyot Kong ye (class leader below rank of black belt) <b>Ja Di Nim</b> (Brownbelt is class instructor) <b>Sasung nim geh,</b> Charyot Kyong ye (Grand Master)
<i>BOW TO THE BLACK BELTS-</i>	<b>Udunjanim</b> Charyot Kong ye (black belt no degree considered) <b>Jo Kyo Nim</b> Charyot Kong ye (1st degree) <b>Kyo Sa Nim</b> Charyot Kong ye (2nd degree) <b>Pu Sabum Nim</b> Charyot Kong ye (3rd degree)
<i>BOW TO THE HIGH BELT-</i>	<b>Dahn bo nim</b> Charyot Kong ye (brown/black tip) <b>Ja Di</b> Charyot Kong ye (brown belt) <b>Yu Gup Cha</b> Charyot Kong ye (holder of rank below black)
<i>JUNBI -</i>	Ready

**CLOSE A CLASS (all of the above starting with attention with the following closing dismissal)**

<i>CO MOP SIM NEE DAH JEJA'S-</i>	Thank you students (class response-- CON SA HOM NEE DHA-- Thank you for teaching us)
<i>AHN YOUNG HEE KAY SAY YO-</i>	Go in peace

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### **TENANT OF TAE KWON DO**

The tenants of Tae Kwon Do are a student's aim or goals. The tenants should be memorized along with their meaning.

1. Courtesy (Ye Lu)- To be polite to one another and show respect
2. Integrity (Yom Chi)- Honesty- knowing right from wrong and doing right
3. Perseverance (In Nae)- Never give up
4. Self-control (Guk Gi)- To control your emotions, physical abilities and actions
5. Indomitable spirit (Baekjul Boolgool)- Unable to be tamed or conquered

### **TAE KWON DO OATH**

1. I shall observe the tenants of Tae Kwon Do
2. I shall respect my instructors and seniors
3. I shall never misuse Tae Kwon Do
4. I shall be a champion of freedom and justice
5. I shall help to build a more peaceful world

### **BLACK DRAGON 5 POINT CODE OF CONDUCT**

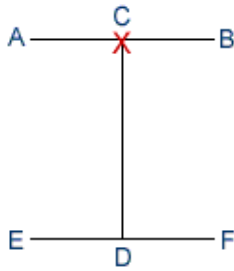
1. Be loyal to your country
2. Be obedient to your parents
3. Stay true to your friends
4. Never give up on your dreams
5. Always do the right thing

### **THEORY OF POWER (learn words in bold)**

1. **Reaction Force**- Newton's Law, every force has an equal and opposite force
2. **Concentration**- Applying the impact force to the smallest target area, will concentrate the force and increase it's effect
3. **Equilibrium**- balance- Balance is of utmost importance, by keeping the body well balanced a blow is more effective and deadly- an unbalanced one is easily toppled. The stance should always be stable yet flexible
4. **Breath Control**- Controlled breathing not only affects one's stamina but can also condition a body to receive a blow and augment the power of a blow directed against an opponent
5. **Mass**- Maximum energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow
6. **Speed**- Speed is the most essential factor of force. Reaction force, breath control, equilibrium, concentration and relaxation of muscles are the factors that contribute to speed

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**WON-HYO** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.



**WON-HYO**  
**Movements - 28**

**Ready Posture - CLOSED READY STANCE A (standing on C and facing D)**

***Feet together, Right fist covered by left fist (palm down) at nose level***

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.

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- 15.** Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
  - 16.** Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
  - 17.** Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
  - 18.** Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
  - 19.** Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
  - 20.** Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
  - 21.** Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
  - 22.** Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
  - 23.** Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
  - 24.** Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
  - 25.** Turn the face toward C forming a left bending ready stance A toward C.
  - 26.** Execute a middle side piercing kick to C with the right foot.
  - 27.** Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
  - 28.** Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm.
- END:** Bring the right foot back to a ready posture.