

Requirements for Gold Stripe Belt test

Terminology & Questions

JOOCHOOM SEOGI – horseback riding stance

APSEOGI – walking stance

APKOOBI – front stance

DWITKOOBI – back stance

What is your goal in Tae Kwon Do?

How do we concentrate?

We concentrate with our ears, eyes, and our body.

Why do we use control in free sparring?

We practice control in free sparring to demonstrate mental discipline and physical control of ourselves. It is much more difficult to control your techniques than it is to make contact. Control in free sparring will build self confidence which indicates a strong mind.

Required kicks/punches/blocks/strikes

- 1) Skip Rondhouse, Roundhouse and Back kick
- 2) Back stance, double knife hand block
- 3) Back stance, double wrist block

Required form – “Taegeuk Il Jang”

- 1) Joonbee
- 2) Turn left 90 degrees – walking stance – left down block
- 3) Step forward – walking stance – right middle punch
- 4) Turn 180 degrees right – walking stance – right down block
- 5) Step forward – walking stance – left middle punch
- 6) Turn left 90 degrees – front stance – left down block - right middle punch
- 7) Pull right foot to right walking stance during 90 degree turn to right – left inner wrist block
- 8) Left step forward – walking stance – right middle punch
- 9) 180 degree turn to left – left foot walking stance – right hand inner wrist block
- 10) Right step forward – walking stance – left middle punch
- 11) Turn right 90 degrees into right front stance – right down block – left middle punch
- 12) Turn 90 left – left foot walking stance – left high block
- 13) Right front snap kick – right walking stance – right middle punch
- 14) 180 degree turn to right - right foot walking stance – right high block
- 15) Left front snap kick – left walking stance – left middle punch
- 16) Turn right 90 degrees with left foot to left front stance – left down block
- 17) Right step forward into right front stance – right middle punch – KIYUP!
- 18) Left turn 180 degrees into Joonbee – Baro!

Required One Step Sparring techniques

1 - Step forward with right leg while doing a left hand Knife Hand Block
Right hand middle punch
Grab opponent's wrist with left hand
Pull opponent in while doing right elbow strike to ribs under opponent's right arm

2 - Left hand inner wrist block while stepping forward with right leg
Right elbow strike to opponent's ribs
Right hand neck chop to right side of opponent's neck

3 - Right hand inner wrist block while stepping forward with right leg
Turn around so right knee is in front of opponent's right knee
Left elbow strike to ribs
Left hand back fist to head
Left hand hammer fist to groin

Required breaks

13 years and up

Sodo (Knife Hand)

12 years and younger

Sodo (Knife Hand)