

## Requirements for Gold Belt test

### Terminology & Questions

KIYUP - yell

BAL BAKWASA – switch legs

GOMAN – end

SHEOR - rest

11 – 20: yaul hana, yaul dool, yaul set, yaul net, yaul dauset, yaul yauset, yaul ilgop, yaul yadaull, yaul ahop, sumul

What are the Ten Commandments of Tae Kwon Do?

Strong Spirit, Effort, Patience, Attitude, Self Confidence, Respect for the National Flags, Respect for Instructors and Parents, Respect for Higher Ranking Belts, Never Misuse Tae Kwon Do Techniques

There is No Defeat, Only Victory

How has your study of Tae Kwon Do been of benefit to you?

When learning a form what three things do you need to think about for each step? Direction you will go in, stance you will use, and technique that will be used (in that order)

### Required kicks/punches/blocks/strikes

In sparring stance (techniques both left and right foot forward)

Roundhouse kick, back kick

Skip side kick, skip side kick

Skip forward double punch

Front stance, down block, middle punch (stepping forward)

Front stance, high block, high punch (stepping forward)

### Required form – “Kibon Hyung”

Joonbee

Turn left 90 degrees – walking stance – down block

Step forward – walking stance – right middle punch

Turn right 180 degrees – walking stance – down block

Step forward – walking stance – left middle punch

Turn left 90 degrees – walking stance – down block

Step forward – walking stance – right middle punch

Turn right 180 degrees – walking stance – down block

Step forward – walking stance – left middle punch – KIYUP!

Turn left 90 degrees – back stance – single knife hand block

Step forward – front stance – right middle punch

Turn right 180 degrees – back stance - single knife hand block

Step forward – front stance – left middle punch

Turn left 90 degrees – back stance – single knife hand block

Step forward – front stance – right middle punch

Turn right 180 degrees – back stance - single knife hand block

Step forward – front stance – left middle punch

Step forward – front stance – right middle punch – KIYUP!

Step backward - front stance – Left inner wrist block

Step backward – front stance – right inner wrist block – KIYUP!

Step forward – Joonbee – Baro!

### Required breaks

12 years and younger

Elbow attack