



# **PARK'S WORLD TAE KWON DO**

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## **ORANGE BELT REQUIREMENTS** **<Orange belt to Green belt>**

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS**
- 3. FORWARD HANDS TECHNIQUE**
- 4. TEN STEP**
- 5. FORWARD KICKING COMBINATION**
- 6. FALLING TECHNIQUE (NAK BUP)**
- 7. SELF-DEFENSE**
- 8. FORM**
- 9. STUDENT CREED**
- 10. BREAKING**
- 11. SPARRING**
- 12. TERMINOLOGY TEST – Please flip over**
- 13. PROMOTION QUALIFICATION**
  - 1) 2 – 2 ½ months & up to 12 classes**
  - 2) Instructor's approval**

# ORANGE BELT EDUCATION GUIDE

## 1. BELT MEANING

-A seed which requires enrichment to grow.  
The student has the foundation of martial arts.

## 2. TERMINOLOGY

### ENGLISH

### KOREAN

### COUNTING

Grandmaster	Gwahn Jahng Nihm	11- Yol hana	16- Yol yasot
Master	Sah buhm nihm	12- Yol dul	17- Yol elgud
Instructor	Cho kyo nim	13- Yol set	18- Yol yodul
How are you?	Ahn nyung ha sae yo	14- Yol net	19- Yol ahob
		15- Yol dasot	20- Samul

## 3. Why do you yell?

-I yell to develop internal and spiritual strength with concentration and confidence.

## 4.

### **STUDENT CREED**

We commit ourselves to mental and physical discipline.  
To be friends with one another and to develop strength within our  
group. We shall never fight to achieve selfish goals. To  
develop wisdom and character are our ultimate  
commitments. **UNITE FOR RIGHT, SIR!**