

**FITNESS**

- ☐ 15 second Push Ups
- ☐ 15 second Sit Ups
- ☐ 15 second Consc. Side Kicks

**SPECIALTY KICKING****#3 Step Kick Step Back**

- ☐ Front ☐ Side ☐ Turning

**#4 Skip/Jump Kick Advancing**

- ☐ Front ☐ Side ☐ Turning

**SELF DEFENSE**

- ☐ 1. Hook Punch
- ☐ 2. Straight Grab
- ☐ 3. Cross Grab
- ☐ 4. 2 Hand Grab 1 Arm

**-3- STEP SPARRING**☐ **1. Attack: 3X Middle Punch**

Walking Stance w/ Inner Forearm  
Middle-Side Block  
Reverse Middle Punch

☐ **2. Attack: 3X High Punch**

Walking Stance w/ Rising Block  
Reverse High Punch

☐ **PATTERN 4 Directional Block**☐ **PATTERN Chon-Ji**☐ **Educational Requirements**

-See requirement listed-

**SPARRING - Demonstrate****Jab/Cross Advancing with:**

- ☐ Front Kick ☐ Turning Kick

**FOCUS BREAK**

ADULT N / A  
JUNIOR N / A

**EDUCATION TEST REQUIREMENT**

- ☐ How many moves in 4 Dir Block 8
- ☐ How many moves in Chon Ji? 19

☐ **MEMORIZE CHON-JI MEANING:** means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

☐ **READY POSTURE** Parallel Ready Stance

**Display proper stances**

- ☐ Attention ☐ Ready ☐ Sitting ☐ L ☐ Walking

**What is the Taekwon-Do Student Creed?**

To build ourselves physically and mentally based on the Taekwon-Do spirit.

To keep friendship with one another and be a strong group.

To never fight to achieve selfish ends.

**Who was the founding father of Taekwon-Do?**

**General Choi, Hong Hi**

(November 9, 1918 – June 15, 2002)

**Who is the 1st Korean to be promoted to 9th degree Grand Master by the Founder of Taekwo-Do Gen. Choi, Hong Hi:**

Grand Master Hwang, Kwang Sung ITF #K-9-1

**Count to "10" in Korean**

1 Hana 4 Naet 7 Il Gop 10 Yul  
2 Tool 5 Ta Saet 8 Yul Dol  
3 Saet 6 Ya Saet 9 A Hop

**What are the pattern directions?**

A - Right B - Left C - Behind D - Front

**What does "COURTESY" mean?**

To be kind, share and always show respect.

**What does the Yellow Belt represent?**

The earth, a strong foundation from which Taekwon-Do, as does a tree, can take root and begin to grow.

**PATTERN REQUIREMENT**

Patterns can be seen on line at [ktkdmembers.com](http://ktkdmembers.com)

**CHON-JI 19 Moves Parallel Ready Stance**

Count	Technique	Stance	Facing	Comment
1.	L Outer Forearm Low Block	Walking	B	
2.	R Obverse Middle Punch	Walking	B	
3.	R Outer Forearm Low Block	Walking	A	
4.	L Obverse Middle Punch	Walking	A	
5.	L Outer Forearm Low Block	Walking	D	
6.	R Obverse Middle Punch	Walking	D	
7.	R Outer Forearm Low Block	Walking	C	
8.	L Obverse Middle Punch	Walking	C	
9.	L Inner Forearm Middle Block	L	A	
10.	R Obverse Middle Punch	Walking	A	
11.	R Inner Forearm Middle Block	L	B	
12.	L Obverse Middle Punch	Walking	B	
13.	L Inner Forearm Middle Block	L	C	
14.	R Obverse Middle Punch	Walking	C	
15.	R Inner Forearm Middle Block	L	D	
16.	L Obverse Middle Punch	Walking	D	
17.	R Obverse Middle Punch	Walking	D	
18.	L Obverse Middle Punch	Walking	D	Stepping Back
19.	R Obverse Middle Punch	Walking	D	Stepping Back
End:	Step Left Foot forward Ready Stance			

