

FITNESS

- ☐ 45 sec. Push Ups ☐ 45 sec Sit Up
☐ 45 sec. Consecutive Side Kicks ea leg

SPECIALTY KICKING

- Step Reverse
☐ Hooking ☐ Side ☐ Turning ☐ Hook

Skip Kick/Reverse Spin Kick

- ☐ Skip Side/Spin Side
☐ Skip Turning/Reverse Turning
☐ Skip Hook/Reverse Hook

SELF DEFENSE

- ☐ 1. Front Roll / Back Fall
☐ 2. Stand Up & Defend
☐ 3. Take Down #1 & #2
☐ 4. Reverse the Mount
☐ 5. Escape the guard

-1- STEP SPARRING

- ☐ 7. Dbl Knifehand Block
 R Knifehand, R Elbow, R Strike
☐ 8. Dbl Knifehand Block
 R Rear Elbow, Pivot- Spin Elbow
☐ 9. L Knifehand Block w/ R Knifehand Inward
 Strike, L Knifehand Inward Strike
 R Middle Upset Punch, R Uppercut
 R Upward Elbow Strike
☐ 10. L Low Front Kick
 R Middle-High Side Kick (consecutive)

- ☐ **PATTERN** Joong Gun
☐ **PATTERN** Toi Gye

- ☐ Educational Requirements
 -See requirement listed-

- ☒ **SPARRING** - Line Up By Height
 NOTE: Sparring Gear is Required.

FOCUS BREAK

Adult- Skip Turning Kick / Outward Knifehand
 Junior-Spin Side Kick / Downward Hammerfist

EDUCATION TEST REQUIREMENT

- ☐ **PATTERN** Joong Gun **32 Moves**
☐ **PATTERN** Toi Gye **37 Moves**

☐ **TOI GYE MEANING:** is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

- ☐ **READY POSTURE** Closed Ready Stance B

☐ **EDUCATION**

Prepare a verbal essay (explanation) of the "Taekwon-Do" philosophy:

What are the benefits of Taekwon-Do and what does Taekwon-Do do for society.

- ☐ **Write 5 short essays based on 5 short stories taken from the book "Zen in the Martial Arts"**

☐ **What does "SELF DISCIPLINE" mean?**

To do the things I know I must do without being asked.

☐ **What does a Red Belt represent?**

It represents danger, cautioning the student to exercise control. Also the color of the sun, highest level of all, looked up to by everyone for growth, life and warmth.

☐ **Kicking Pattern**

Begin to structure a "kicking pattern"
 This will be required at your next testing (not this testing)

1. A minimum of 18 moves
2. Kicks and Guard Only - No Strikes
3. Perform techniques with both R & L
4. Name your pattern
5. Diagram your pattern

Study and apply

"The -9- rules of Pattern Practice"
 to Kicking Pattern and all previous Patterns
 (as listed in Grade -2- requirements)

Count	Technique	TOI GYE	Stance	Facing	Comment
1.	L Inner Forearm Middle Block		L	B	
2.	R Low Upset Fingertip Thrust		Walking	B	Slip the L Foot
3.	R Backfist High Side Back Strike		Closed	D	Perform in slow motion
4.	R Inner Forearm Middle Block		L	A	
5.	L Low Upset Fingertip Thrust		Walking	A	
6.	L Backfist High Side Back Strike		Closed	D	Perform in slow motion
7.	X-Fist Pressing Block		Walking	D	
8.	High Twin Fist Vertical Punch		no step	D	"Continuous" motion
9.	R Middle Front Snap Kick			D	Hands in previous position
10.	R Middle Punch		Walking	D	
11.	L Middle Punch		no step	D	
Step L Foot to R Foot - Closed Stance					
12.	Twin Side Elbow Thrust		Closed	B	Perform in slow motion
13.	R Outer Forearm W-Shape Block		Sitting	C	Stamping motion
14.	L Outer Forearm W-Shape Block		Sitting	D	Stamping motion
15.	L Outer Forearm W-Shape Block		Sitting	C	Stamping motion
16.	R Outer Forearm W-Shape Block		Sitting	D	Stamping motion
17.	L Outer Forearm W-Shape Block		Sitting	C	Stamping motion
18.	L Outer Forearm W-Shape Block		Sitting	D	Stamping motion
Step Right Foot to Left Foot, Step Foot To L Stance					
19.	L Low Dbl Forearm Pushing Block		L	D	
20.	Extend Both Hands Upward		Walking	D	Slipping Left Foot
21.	R Upward Knee-Pull hand Downward				
Lower Right Foot to Left Foot, Step Left Foot					
22.	Dbl Knifehand Middle Guard		L	C	
23.	L Low Side Front Snap Kick		L	C	
24.	L High Flat Fingertip Thrust		Walking	C	
25.	Dbl Knifehand Middle Guard		L	C	
26.	R Low Side Front Snap Kick		L	C	
27.	R High Flat Fingertip Thrust		Walking	C	
28.	R Backfist Side Back Strike/Low Block		L	C	Moving R Foot
29.	Jump X-Fist Pressing Block to A		X	C	
30.	R High Dbl Forearm Block		Walking	C	
31.	Knifehand Low Guarding Block		L	B	
32.	R Inner Forearm Circular Block		Walking	BD	Slipping Left Foot
Step L Foot to R Foot, Then Right Foot					
33.	Knifehand Low Guarding Block		L	A	
34.	L Inner Forearm Circular Block		Walking	AD	Slipping Right Foot
35.	R Inner Forearm Circular Block		Walking	ED	Pivot Both Feet
36.	L Inner Forearm Circular Block		Walking	AD	Pivot Both Feet
37.	R Middle Punch		Sitting	D	Stepping Right Foot
END: Bring the right foot back to a ready posture.					