

FITNESS

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

SPECIALTY KICKING**Switch Kick**

- ☐ Front Kick ☐ Turning Kick

Retreating Switch Kick

- ☐ Front Kick ☐ Turning Kick

SELF DEFENSE

- ☐ 1. Hook Punch
- ☐ 2. Straight Grab
- ☐ 3. Cross Grab
- ☐ 4. 2 Hand Grab 1 Arm
- ☐ 5. 2 Hand Grab 2 Arm
- ☐ 6. 2 Hands Pushing Front & Rear

-3- STEP SPARRING-ALL

- ☐ 1. Attack- 3X Middle Punch
Walking Stance w/ Middle-Side Block
Reverse Middle Punch
- ☐ 2. Attack- 3X High Punch
Walking Stance w/ Rising Block
Reverse High Punch
- ☐ 3. Attack- 3X Low Front Kick
Walking Stance w/ Low Knifehand Block
Lead Leg Low Front Kick

- ☐ **PATTERN Chon Ji**
- ☐ **PATTERN Dan Gun**

Educational Requirements

-See requirement listed-

SPARRING - Demonstrate**Switch-Jab/Cross w/**

- ☐ Front Kick ☐ Turning Kick

FOCUS BREAK- Step Side Kick

- ☐ ADULT ☐ JUNIOR

*1 Board Required- 1' x 12" #2 Pine
Adult cut every 10 "
Junior cut every 8 "

EDUCATION TEST REQUIREMENT

- ☐ **PATTERN Chon Ji 19 moves**
- ☐ **PATTERN Dan Gun 21 moves**

☐ **MEMORIZE DAN GUN MEANING:** is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

☐ **READY POSTURE** Parallel Ready Stance

☐ **Why do we breathe or "ki-hap" when we execute techniques?** Power, speed, focus, breathe control, coordination of hand & foot, balance, etc.

☐ **Briefly describe the 9 "training secrets."**

1. Study the theory of power completely.
2. Understand the purpose and method of each movement.
3. Bring the movement of eyes, hands, feet and breathe into a single coordinated motion.
4. Choose the appropriate attacking tool for each vital spot.
5. Become familiar with the correct angle and distance for attack and defense.
6. Keep both arms and legs bent slightly while the movement is in motion.
7. A movements must begin with a slight backwards motion with very few exceptions.
8. Create sine-wave during the movement by using knee spring.
9. Exhale briefly at the moment of each blow.

☐ **How many degrees of Black Belt? "9"**

☐ **What are their classifications?**

- 1-3 Degree Novice
- 4-6 Degree Expert
- 7-8 Degree Master
- 9- Degree Grand Master

☐ **What does "INTEGRITY" mean?**

To be honest to myself and all others,
To be complete in my actions.

☐ **Describe "continuous" motion?**

2 techniques, 2 sine-waves, 2 breathes, 1 1/2 beats.
Use a "bobbing" motion. Usually associated with blocks.

☐ **Where is Continuous motion in your pattern?** Moves 13 & 14

PATTERN REQUIREMENT

Patterns can be seen on line at www.ktkdmembers.com

DAN GUN 21 Moves Parallel Ready Stance

| Count | Technique | Stance | Facing | Comment |
|--|-------------------------------|---------|--------|---------|
| 1. | Double Knifehand Middle Guard | L | B | |
| 2. | R Obverse High Punch | Walking | B | |
| 3. | Double Knifehand Middle Guard | L | A | |
| 4. | L Obverse High Punch | Walking | A | |
| 5. | L Outer Forearm Low Block | Walking | D | |
| 6. | R Obverse High Punch | Walking | D | |
| 7. | L Obverse High Punch | Walking | D | |
| 8. | R Obverse High Punch | Walking | D | |
| 9. | Twin Outer Forearm Block | L | A | |
| 10. | R Obverse High Punch | Walking | A | |
| 11. | Twin Outer Forearm Block | L | B | |
| 12. | L Obverse High Punch | Walking | B | |
| 13. | L Outer Forearm Low Block | Walking | C | |
| 14. | L Outer Forearm High Block | Walking | C | |
| <i>Perform 13 & 14 in "continuous" motion</i> | | | | |
| 15. | R Outer Forearm High Block | Walking | C | |
| 16. | L Outer Forearm High Block | Walking | C | |
| 17. | R Outer Forearm High Block | Walking | C | |
| 18. | L Outward Knifehand Strike | L | B | |
| 19. | R Obverse High Punch | Walking | B | |
| 20. | R Outward Knifehand Strike | L | A | |
| 21. | L Obverse High Punch | Walking | A | |
| END: Bring the left foot back to a ready posture. | | | | |

