ORANGE BELT

(Testing Orange to Green)

Physical Requirements:

1) ATTENDANCE
   A) Minimum of 20 classes

2) HAND TECHNIQUES
   A) High punch
   B) All previous hand techniques

3) KICKS
   A) Push kick
   B) Back kick
   C) Jumping side kick
   D) Spinning hook kick
   E) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, push kick
   B) Axe kick, back kick

5) STANCES
   A) All previous stances

6) FORM
   A) Taegeuk Yi Jang
   B) All previous forms (Adults Only)

7) SELF-DEFENSE
   A) Demonstrate the "Rule of Thumb" for straight arm, cross arm, and two hand grabs. The "Rule of Thumb" states that if someone grabs your arm you should make a quick, small circle towards the attacker's thumb so that the narrow part of your wrist escapes through the gap between the attacker's thumb and fingers.
   B) All previous self defense techniques

8) BOARD BREAKING
   A) Push kick
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Mental Requirements:
1) WHAT IS THE MEANING OF THE ORANGE BELT?
   • The orange belt signifies sunset – promise of more opportunities tomorrow. SIR/MA'AM!

2) WHAT IS THE MEANING OF TAEGEUK YI JANG?
   • The second Taegeuk form – signifies joy. SIR/MA'AM!

3) COUNT 11-20 IN KOREAN
   • Eleven – Yul hana
   • Twelve – Yul dule
   • Thirteen – Yul set
   • Fourteen – Yul net
   • Fifteen – Yul dasot
   • Sixteen – Yul yoset
   • Seventeen – Yul il gob
   • Eighteen – Yul yo dul
   • Nineteen – Yul ahop
   • Twenty - Sumul

4) WHAT ARE THE COMMANDMENTS OF TAEKWONDO?
   • Respect your parents
   • Respect your brothers and sisters
   • Respect your elders
   • Respect your teachers
   • Be loyal to your friends
   • Finish what you begin

5) WHAT ARE THE FOUR PHYSICAL COMPONENTS OF POWER?
   • Follow-through
   • Accuracy
   • Speed
   • Technique

6) KOREAN TERMINOLOGY
   • Push kick – Mido Chaggie
   • Back kick – Ti Chaggie
   • Spinning hook kick – Ti Dolio Chaggie
   • Jumping side kick – Timio Yop Chaggie

7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
   • Push kick – Bottom of the heel
   • Back kick – Bottom of the heel
   • Spinning hook kick – Back of the heel
   • Jumping side kick – Bottom of the heel

8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

9) ALL PREVIOUS MENTAL REQUIREMENTS
Belt Test Requirements

Taegeuk Yi Jang

1. [Diagram of Taegeuk Yi Jang]