

FITNESS

- ☐ 30 sec. Push Ups ☐ 30 sec. Sit Up
☐ 30 sec. Consecutive Turning Kicks

SPECIALTY KICKING

- Double Kicking Middle-High
☐ Front ☐ Side ☐ Turning

Consecutive Kicking (same leg kicking)

- ☐ Front/Turning
☐ Side/Turning

SELF DEFENSE #1-7 of 6

- ☐ 1. 1 Hand Lapel Grab or Choke
☐ 2. 2 Hand Lapel Grab or Choke
☐ 3. 1 Arm Choke From Behind
☐ 4. Bear Hug Front & Rear
☐ 5. Waist Grab Front & Rear
☐ 6. Head Lock Front & Rear

-1- STEP SPARRING #1-6 ALL

- ☐ 1. L Block / R High Punch (simultaneous)
☐ 2. L Palm Block, R Middle Punch
☐ 3. Dbl Punch Attack
 R Inside Outside Forearm Block
 R Rising Kick, R Upset Punch
☐ 4. R KnifeHand Block, R Hooking Kick
☐ 5. R KnifeHand Block, R Side Kick
☐ 6. R KnifeHand Block, R Turning Kick

- ☐ **PATTERN Won Hyo**
☐ **PATTERN Yul Gok**

- ☐ **Educational Requirements**
 -See requirement listed-

SPARRING

NOTE: Sparring "Safety Gear" is required at this level.
 Sparring Footwork #1-7

FOCUS BREAK

- Adult- ☐ Rear Leg Turning
☐ Jump Side Kick
 Junior- ☐ Jump (skip) Side Kick

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

EDUCATION TEST REQUIREMENT

- ☐ **PATTERN Won Hyo 28 Moves**
☐ **PATTERN Yul Gok 38 Moves**

- ☐ **YUL GOK MEANING:** is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".

- ☐ **READY POSTURE** Parallel Ready Stance

- ☐ **How many patterns in the International System of Taekwon-Do? "24"**

- ☐ **What is the philosophy?** "The 24 patterns represent 24 hours, one day, or all of my life." - Gen. Choi, Hong Hi

- ☐ **Name the 5 parts of "Moral Culture"?**

Travel
 Mountain Climbing
 Cold Showers & Baths
 Public Service
 Etiquette.

- ☐ **What is the 5 part "Composition of TKD**

Fundamental Movements = Basic Training

Dallyon = Maintenance of Equipment

Patterns = Tactics

Sparring = Field Exercise

Self Defense = Actual Combat

- ☐ **Describe "Connecting" motion.**

Accelerated moves, 2 techniques, 1 sine-wave, 1 breathe, 1 beat.

- ☐ **Where is Connecting motion in your pattern?** Moves 16 & 17 and 19 & 20

- ☐ **What does "INDOMITABLE SPIRIT" mean?** To have an "unbeatable" spirit.

- ☐ **What does the Blue Belt represent?**

The blue of the heavens towards which we reach as our training progresses and Taekwon-Do matures.

PATTERN REQUIREMENT Patterns can be seen on line at www.ktkdmembers.com**YUL GOK 38 Moves Parallel Ready Stance**

Count	Technique	Stance	Facing	Comment
1.	Extend the left fist horizontally.	Sitting	D	
2.	R Middle punch	Sitting	D	
3.	L Middle punch	Sitting	D	Perform 2 and 3 "fast" motion.
Step left foot to the right foot, move the right foot to sitting stance				
4.	Extend the right fist horizontally	Sitting	D	
5.	L Middle punch	Sitting	D	
6.	R Middle punch	Sitting	D	Perform 5 and 6 "fast" motion.
7.	R Inner forearm middle side block	Walking	AD	
8.	L Low front snap kick		AD	Keeping the position of the hands
9.	L Middle punch	Walking	AD	
10.	R Middle punch		AD	No Step-Perform 9 & 10 fast motion
11.	L Inner forearm middle side block	Walking	BD	
12.	R Low front snap kick		BD	Keeping the position of the hands.
13.	R Middle punch	Walking	BD	
14.	L Middle punch		BD	No Step-Perform 13 & 14 fast motion
15.	R Middle palm hooking block	Walking	D	
16.	L Middle palm hooking block		D	
17.	R Middle punch		D	Perform 16 & 17 "connecting" motion.
18.	L Middle palm hooking block	Walking	D	
19.	R Middle palm hooking block		D	
20.	L Middle punch		D	Perform 19 & 20 "connecting" motion.
21.	R Middle punch	Walking	D	
22.	R Bending Ready Stance A		D	
23.	L Middle side piercing kick		D	
24.	R Front elbow to L palm	Walking	D	
25.	L Bending Ready Stance A		C	
26.	R Middle side piercing kick		C	
27.	L front elbow to R palm		C	
28.	Twin knife-hand block	L	A	
29.	R Middle straight fingertip thrust	Walking	A	
30.	Twin outer knifehand block	L	B	
31.	L Middle straight fingertip thrust	Walking	B	
32.	L High side outer forearm block	Walking	C	
33.	R Middle punch	No Step	C	
34.	R High side outer forearm block	Walking	C	
35.	L Middle punch	No Step	C	
36.	Jump to "C" L High side backfist strike	L X-stance	C	Facing "B"
37.	R High double forearm block		A	
38.	L High double forearm block		B	

END: Bring the left foot back to a ready posture.

