

**FITNESS**

- ☐ 45 sec. Push Ups   ☐ 45 sec Sit Up  
☐ 45 sec. Consecutive Front Kicks

**SPECIALTY KICKING**

- ☐ Step Hook Kick

**Reverse (Spinning)**

- ☐ Hooking  
☐ Side  
☐ Turning  
☐ Hook

**SELF DEFENSE**

- ☐ 1. Front Roll / Back Fall  
☐ 2. Stand Up & Defend  
☐ 3. Take Down #1 & #2

**-1- STEP SPARRING**

- ☐ 7. Dbl Knifehand Block  
     R Knifehand, R Elbow, R Strike  
☐ 8. Dbl Knifehand Block  
     R Rear Elbow, Pivot- Spin Elbow

- ☐ **PATTERN**    Yul Gok  
☐ **PATTERN**    Joong Gun

- ☐ Educational Requirements  
     -See requirement listed-

- ☐ **SPARRING** - Line Up By Height

NOTE: Sparring Gear is Required.

**FOCUS BREAK**

Adult- Lead Leg Turning Kick / Forefist  
 Junior- Step Side Kick / Downward Hammerfist

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

**EDUCATION TEST REQUIREMENT**

- ☐ **PATTERN**    Yul Gok    38 Moves  
☐ **PATTERN**    Joong Gun   32 Moves

☐ **JOONG GUN MEANING:** is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

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

- ☐ **Explain the Korean Flag Philosophy**

The red and blue circle at the center of the flag represents eternal duality that exists within nature:

Heaven and earth, Light and darkness  
 Hot and cold, Being and not being

These dualities exist as a principle of the universe. The four "gye" bar designs at the corners are based on the theory of the "Um and Yang" principles of light and darkness. The symbols have also been said to represent such things of the universe as:

Winter-Spring-Summer-Fall  
 Heaven-Earth-Fire-Water

- ☐ **Explain "Student-Instructor Relationship"**

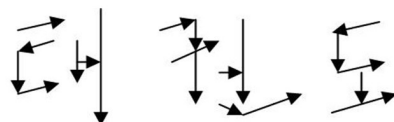
A parent raises a child with love & emotion, whereas the teacher must educate the student in an objective manner without any fear of discipline breaching their learning relationship.

The instructor teaches the student to be physically and mentally strong in an overall effort to build a more peaceful world,

*Both the Instructor and the Student owe a Responsibility of loyalty and respect to each other, a debt that can never be repaid.*

- ☐ **Detail a "Rear Foot" Stance**  
 90 / 10 Shoulder Long (Short L-Stance) #3 & #6

- ☐ **Write Taekwon-Do in Korean**

**PATTERN REQUIREMENT - Patterns can be seen on line at [www.ktkdmembers.com](http://www.ktkdmembers.com)****JOONG GUN 32 Moves Closed Ready Stance 'B'**

Count	Technique	Stance	Facing	Comment
1.	L Reverse Knifehand Middle Block	L	B	
2.	L Low Side Front Snap Kick		B	Keep the hands as they were
3.	R Upward Palm Block	Rear Foot	B	
4.	R Reverse Knifehand Middle Block	L	A	
5.	R Low Side Front Snap Kick		A	Keep the hands as they were
6.	L Upward Palm Block	Rear Foot	A	
7.	Dbl Knifehand Middle Block	L	D	
8.	R Upward Elbow Strike	Walking	D	Slip the Left Foot
9.	Dbl Knifehand Middle Block	L	D	
10.	L Upward Elbow Strike	Walking	D	Slip the Right Foot
11.	High Twin Fist Vertical Punch	Walking	D	
12.	Twin Fist Upset Punch	Walking	D	
13.	X-Fist Rising Block	Walking	C	Spot Turn
14.	L Backfist High Side Strike	L	A	
15.	Twist Backfist Down	Walking	A	Slip the Left Foot
16.	R High Punch	Walking	A	Perform 15 & 16 in "fast" motion.
<i>Bring Left Foot to Right Foot, Then Step Right Foot</i>				
17.	R Backfist High Side Strike	L	B	
18.	Twist Backfist Down	Walking	B	Slip the Right Foot
19.	L High punch		D	Perform 19 & 20 in "fast" motion.
<i>Bring Right Foot to Left Foot, Then Step Left Foot</i>				
20.	L Double Forearm High Block	Walking	C	
21.	L Middle Punch	L	C	Slip Left Foot
22.	R Middle Side Kick		C	
23.	R Double Forearm High Block	Walking	C	
24.	R Middle Punch	L	C	Slip Left Foot
25.	L Middle Side Kick			
26.	Dbl Guard Block	L	C	
27.	R Downward Palm Pressing Back	Low	C	
28.	Dbl Guard Block	L	C	
29.	L Downward Palm Pressing Block	Low	C	
30.	R Angle Punch	Closed	A	
31.	U-Shape Block	Fixed	A	
32.	U-Shape Block	Fixed	B	

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

