

Requirements for Promotion to Orange or Yellow Belt

- 1) Basic Motion – the student should be able to demonstrate these techniques
 - a) Stances
 - i) Readyjum bi
 - ii) Horse stancekima jaseh
 - iii) Front stancechongul jaseh
 - iv) Back stancefugul jaseh
 - b) Hand techniques
 - i) Punch.....chung kwon
 - ii) Down block.....hadan maki
 - iii) Up block.....sangdan maki
 - iv) Low cross block ...sang soo hadan maki
 - v) Inside/out block....pakuro maki **
 - c) Foot techniques
 - i) Front kickap chagi
 - ii) Side kick.....yup chagi
 - iii) Back kickdido chagi
 - d) Combinations
 - i) Kima down block
 - ii) Chongul down block
 - iii) Chongul up block
 - iv) Kima side kick
 - v) Chongul punch
 - vi) Chongul front kick (w/crossblock)
- 2) Kata – The student should know these forms
 - a) Taegot 1
 - b) Taegot 2
 - c) Taegot 3 **
- 3) Jujitsu – The student should be able to demonstrate escapes and defenses that meet these requirements
 - a) Six techniques are required.

- b) The recommended set includes defenses for front choke, side choke, back choke, single hand grab, double hand grab, and bear hug
- c) Locks, chokes, strangles, and take-downs are not permitted.

4) Other

- a) Some students may be asked to spar (only if they have done so in class).
- b) The student should be able to recognize the Korean terms for the required techniques

5) Exam rules

- a) The student should have the instructor's permission to take the exam
- b) The student should register prior to the exam date
- c) The student must wear full uniform (gi top, gi pants, and belt). The uniform should be neat and clean. The sleeves should NOT be rolled up.

Note: Items marked with “*” are required for yellow belt but not for orange belt.