

Orange Belt/ 8th Gub

Philosophies and Requirements

Meaning of Belt:

Represents the symbol of **JOYFULNESS**. Keep your mind firm, but appear gentle. Express joy in knowledge of Tae Kwon Do through enthusiastic performance of Poomse, and your spirit during class

Requirements for Testing to Green Belt:

0. Poomse (Form): Tae Kug 2 (Yi) Jang – 18 movements

0. Techniques: (Including all prior ranking techniques already listed)

- Stance – Good, Solid Stance, and Back Stance.
- Hand techniques – Double Knife-hand Strike to Neck
- Blocks – Single Knife-hand Middle section Block
- Kicks – Ax Kick, Crescent Kick, Jump Front Kick
- Foot Skills – 2 times step or slide forward with kicks.
1 time Step Change and Kicks
- Basic Movement – Number 1 to Number 18
- Combination Skills – 2 or 3 different kick combination
Back Side Kick combination with Balance.
Hand skills on Back Stance
Block, Punch, and Basic Kicks
- Rolling Method forward

0. Breaking: Knife-hand Strike

0. Sparring: Demonstrate Basic Sparring Skills

0. Terminology: (Including all prior ranking techniques already listed)

- Tae Kwon Do School – Do Jang
- Uniform – Do Bok
- Yell – Ki Hap
- Flag – Kuk Ki
- Rest – Sheo
- Return to Start – Ba Ro

Jeon's Tae Kwon Do Academy

Chun Ma Tae Kwon Do - American Tae Kwon Do Centers

Application for promotion to Green Belt (7th Gub)

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Last Promotion: ____ / ____ / ____ Test Fee: \$50 Paid: _____

If at any time I violate any of the following three (3) rules and regulations governing Chun Ma Tae Kwon Do Academy, Inc., I hereby agree that the Chun Ma Tae Kwon Do Academy Reserves the right to suspend my rank or status:

0. The purpose of the martial arts is to improve both mental and physical health and all members must uphold and protect the honor and prestige of the Martial Arts.
1. Members are forbidden to use Martial Art Techniques to provoke and challenge innocent persons, and such use will make offending members subject to disciplinary action.
2. That the Chun Ma Tae Kwon Do Academy is the sole and only judge of my qualifications and achievement in the Martial Arts.

I will accept any grade or belt rendered by the school and federation with complete satisfaction, neither demanding nor protesting for a higher grade or belt.

Date: ____ / ____ / ____ Applicant's Signature: _____

Parent's or Guardian's Signature: _____

(If applicant is under 18 years old)

CATEGORY	Grade	Comments
B. Movement		
Poomse		
Hand Skills		
Kick Skills		
1 - T - L - S		
Sparring		
Breaking		
Terminology		
Endurance		
Speed Kick		

Written Test

Green Belt (7th Gub)

Must be completed before student receives belt

Terminology:

Please Write the Korean Word for the following:

Tae Kwon Do School: _____

Uniform: _____

Yell: _____

Flag: _____

Rest: _____

Return to Baro: _____

Personal Growth:

What does Tae Kwon Do mean and where dose it come from?

Why do we kiap (Yell)?

Parents (Spouses) Turn:

What Improvements have you seen in your child/spouse since their last promotion test? In what areas?

In what Areas would you like to see more improvement?

Space for additional comments (Students/Parents/Spouse):