

Yellow Belt/ 9th Gub

Philosophies and Requirements

Meaning of Belt:

Represents the symbol of **HEAVEN**. The sky gives us rain, and the Sun gives us light to make things grow. It is beginning of everything.

Requirements for Testing to Orange Belt:

0. Poomse (Form): Tae Kug 1 (il) Jang – 18 movements

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

- Stance – Same as White Belt.
- Hand techniques – Single Knife-hand Strike to Neck
- Blocks – High, Middle, and Low section Block on Fighting Stance
- Kicks – Side Kick, Back Side Kick
- Foot Skills – Same as White Belt.
- Basic Movement – Number 1 to Number 18
- Combination Skills – Hand Skills on Front Stance with step forward.
Block and Hand Techniques
Block and Basic Kicks
- Rolling Method forward

0. Breaking: Side Kick

0. Sparring: Demonstrate Basic Blocks and Kicks.

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

- Attention – Chareut
- Bow – Kyung Yet
- Instructor – Sa bum Nim
- Thank You – Kam Sa Ham Ni Da
- Twenty (20) – Soo Mul
- Ready Stance – Jun Bi

Jeon's Tae Kwon Do Academy

Chun Ma Tae Kwon Do - American Tae Kwon Do Centers

Application for promotion to Orange Belt (8th 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

Orange Belt (8th Gub)

Must be completed before student receives belt

Terminology:

Please Write the Korean Word for the following:

Attention: _____

Bow: _____

Instructor: _____

Thank you: _____

Ready Stance: _____

Twenty(20): _____

Personal Growth:

What are your goals in Tae Kwon Do and why?

List one goal you have in life and how you are working toward it:

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):