

White Belt/ 10th Gub

Philosophies and Requirements

Meaning of Belt:

The unmarked whiteness represents the empty page onto which the lessons of Tae Kwon Do shall be written. This is a beginning, as the student has no knowledge of the Martial Arts yet.

Requirements for Testing to Yellow Belt:

0. Poomse (Form): Kicho il Jang (10 movements)

0. Techniques:

- Stance – Ready stance, Sitting Stance, Walking Stance, and Front Stance.
- Hand techniques – Single Punch (High, Middle, and Low)
Double Speed Punches
Triple Tae Kwon Do Punches
- Blocks – High, Middle, and Low section Block
- Kicks – Stretching Kick, Front Snap Kick, and Roundhouse Kick
- Foot Skills – Kick or punch with 1 time step or slide forward.
- Basic Movement – Number 1 to Number 18 (Optional)

0. Breaking: Downward Hammer Fist Strike

0. Sparring: No techniques required for testing yet

1. Terminology: Basic counting in Korean 1 to 10

- | | |
|----------|---------|
| • 1 Hana | 2 Dul |
| 3 Set | 4 Net |
| 5 Dasut | 6 Yasut |
| 7 Ilgob | 8 Yodul |
| 9 Ahoop | 10 Yul |

- Tae – Kicking or Punching
Kwon – Punching or Blocking
Do – The way of life

0. Equipment Needed:

- **Jump Rope** - \$4 (for Daily lesson Plan)
- **Nunchack** - \$13 (for Class)

Chun Ma Tae Kwon Do Academy

Application for promotion to **Yellow Belt (9th 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:

1. 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.
2. 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.
3. 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.

*** () *Please, mark here if you want grade sheet after test. If not, leave blank.* ***

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

Yellow Belt (9th Gub)

Must be completed before student receives belt

Terminology:

Please Write the Korean Word for the following: Count 1 through 10

One: _____

Two: _____

Three: _____

Four: _____

Five: _____

Six: _____

Seven: _____

Eight: _____

Nine: _____

Ten: _____

Personal Growth:

Why did you start Tae Kwon Do?

Have you found the training to be all you expected?

Parents (Spouses) Turn:

Have you seen any improvements in your child/spouse since they start Tae Kwon Do? In what areas?

In what Areas would you like to see more improvement?

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