



ELITE TAEKWONDO CENTER

Since 2007



DANBO BELT PROMOTIONAL EXAM REQUIREMENTS

1. Ja Ki So Gae (Introduce yourself)

My name is (your name). I am currently holding **Advance Red Belt**. I am testing for **Danbo Belt**, Sir/Ma'am!

2. Ki Bon Dong Jak (Basic Movements)

- 2 x Ready Stance
- Basic 5 Accounts Horse Stance
- Basic Movement Number 1-12 (Phase 2)

3. Ki Bon Bahl Chagi (Basic Kicks)

- Basic 5 Accounts Sparring Stance
- Double punches
- Push kick combination with double punches
- Front kick combination with double punches
- Swing kick combination with double punches
- Side kick combination with double punches
- Back kick combination with double punches
- X-kick combination with double punches
- Front hook combination with double punches
- Turning around hook combination with double punches
- Any combination kicks assigned by Instructor or master

4. Step Sparring:

- 4 step sparring
- 1 step sparring
- Running Step Sparring with Sparring gear

5. Poomse (Form): Taegeuk 1 jang to 8 jang & Chungmoo

6. Gyuk Pa (Breaking): Assigned by Judge

7. Yi Rone (Knowledge): *(All answers must be completed with Sir!)*

Taekwondo Korean Terminology

Students must memorize all terminology below for the written portion of the Danbo test.

SEOGI (STANCE)

ENGLISH	KOREAN
Parallel stance	Naranhi seogi
Walking stance	Ap seogi
Forward stance	Ap kubi
Back stance	Dwitkubi
Right/Left stance	Oreun (Wen) seogi
Cross stance	Dwikkoa seogi
Tiger stance	Beom seogi
Close stance	Moa seogi
Riding stance	Juchum seogi

MAKKI (BLOCK)

ENGLISH	KOREAN
Low block	Arae Makki
Middle (body) block	Momtong makki
High block	Olgul makki
Outer body block	Momtong bakkat makkki
Knife hand block	Sonant makki

JIREUGI (PUNCHING)

ENGLISH	KOREAN
Regular punch	Baro Jireugi
Reverse punch	Bandae Jireugi
Backward fist punch	Jeocho-Jireugi
Side punch	Yop Jireugi

CHIGI (HITTING/STRIKE)

ENGLISH	KOREAN
Front strike	Ap Chigi
Outward Face Back Fist Strike	Olgul Bakkat Chigi
Turing Elbow Strike	Palkup Dollyo Chigi
Side Elbow Strike	Palkup Yop Chigi

TZIREUGI (THRUSTING)

ENGLISH	KOREAN
Open hand fingertips thrust	Pyonsonkkeut sewo tzireugi

Turned Over Open Hand Fingertips Thrust	Pyonsonkkeut upeo tzireugi
Upward Open Hand Fingertip Thrust	Pyonsonkkeut jeocho tzireugi

Please write a 1-page essay regarding your journey in Taekwondo. Describe an event in your journey that impacted you in a positive way.