



# ELITE TAEKWONDO CENTER

Since 2007



## PROMOTIONAL EXAM REQUIREMENTS

### - Orange Belt Test -

#### 1. (Junbi) Ja Ki So Gae (자기소개) – Introduce yourself

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

#### 2. Ki Bon Dong Jak (기본 동작) – Basic Movements

- 2 x Ready Stance
- 2 x 5 Accounts Basic Horse Stance
- Basic Movement Number 1, 2, and 3

#### 3. Ki Bon Bahl Chagi (기본 발차기) – Basic Kicks

- 5 Accounts Basic Sparring Stance      • Double punch
- Basic Kicks

Age 7 and Under	4 x Front kick & Punch 4 x Swing kick & Punch 4 x Side kick & Punch 4 x Axe kick & Punch
Age 8 and Up	4x Front kick & Punch 4 x Swing kick & Punch 4 x Side kick & Punch 4 x Back kick & Punch 4 x Axe kick & Punch

#### 4. Poomse (품세) – Form - Taegeuk 2 jang (18 movements)

Age 7 and Under	Taegeuk 1 jang (all) or Taegeuk 2 jang (12 moves)
Age 8 and Up	Taegeuk 1 jang and 2 jang

#### 5. Gyuk Pa (격파) – Breaking: Assigned by Judge

#### 6. Yi Rone (이론) – Knowledge (All answers must be completed with Sir!)

##### Principle:

Q1: What do you call your Grand Master?

A1: Gwanjang Nim, Sir/Ma'am!

Q2: What do you call your Master Instructor?

A2: Sa Bum Nim, Sir/Ma'am!

Q3: What is PALO ALTO Martial Arts Do Jang Hoon (Studio Philosophy)?

A3: Confidence, Modesty, Respect, Service, Sir/Ma'am!

Q4: How do you say "uniform" in Korean?

A4: Dobok, Sir/Ma'am!



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## Taekwondo Korean Terminology:

Q1: How do you say “Body block” in Korean?

**A1: Momtong Makki, Sir/Ma’am!**

Q2: How do you say “Upper defense” in Korean?

**A2: Olgul Makki (= Ollyel Makki), Sir/Ma’am!**

Q3: How do you say “Walking stance” in Korean?

**A3: Ahp sohgi, Sir/Ma’am!**

Q4: How do you say “Front stance” in Korean?

**A4: Ahp koo bi, Sir/Ma’am!**

**7.Attendance (출석일수):** Minimum 16 classes