



REQUIREMENTS TO TEST FOR A JUNIOR BLACK BELT

Curriculum

ADVANCE KICKS	ADVANCE SELF DEFENSE	ONE STEP SPARRING
- Push Kick to Jump Back Hook Kick	Nunchuk II Swings: - Up/Down Shoulder Cross Catch - Reverse Grab Double - Double Shoulder - Knee to Sole	1. Reverse knife hand block, grab wrist roundhouse kick mid section, place kick foot behind front leg pull opponent arm across chest to trip, reverse punch to face 2. Knife hand block, slide fwd to arm lock, step in elbow strike, headlock release to elbow strike to back 3. Tiger stance knife hand block, grab wrist to front kick arm pit return to tiger stance, roundhouse kick face to hook kick back of head, place kicking foot behind front leg pull opponent across chest to trip, reverse punch to face
POOMSAE (forms)	Nunchuk II Strikes: - Neck Rebound - Overhead Reverse Slash - Tornado	
KORYO CREATIVE POOMSAE II		

Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p>Q. What do the color belts represent? A. White Belt = Pure A. Yellow Belt = Sunrise A. Green Belt = Plant A. Blue Belt = Sky A. Brown Belt = Earth A. Red Belt = Sun</p> <p>3 Types of Concentration</p> <p>Terminology (english - korean) Blue - Chung Red - Hong Chest Guard - Hogu</p>	<p>Q. What does the Red belt mean? A. The Red belt represents the sun, it's energy, and the physical acts of the student developing an indomitable SPIRIT, Sir/Mame!</p> <p>Q. Give an example how you have shown confidence due to Taekwondo? A. Answer verbally in your own words.</p> <p>7 Home Rules for Child</p>	<p>Q. What does the Black belt mean? A. The Black belt represents the spectrum of all colors, and having mastered all the basic techniques, Sir/Mame!</p> <p>Q. Give an example how Taekwondo has improved your life? A. Answer verbally in your own words.</p> <p>Student Oath</p>