

TEST FOR 7 TH GUP
ORANGE BELT

Lessons: A candidate for Orange Belt must have trained for at least two months since the last test, and completed a minimum of 24 lessons.

BLOCKS:

Palmheel Blocks, all directions
Wedging Block
Reverse Circular Block
Guarding Block
Knifehand Arm Trap

PUNCHES AND STRIKES:

Reverse Punch
Reverse Knifehand Inward Strike
Reverse Knifehand Outward Strike
Reverse Backfist Strike
Pressing Block, Spearhand Strike

KICKS:

Back Kick
Stepping Behind Side Kick
Stepping Behind Back Kick
Inside Crescent Kick
Outside Crescent Kick

Single Jumping Front Kick
Single jumping Side Kick
Single Jumping Roundhouse Kick
Single Jumping Hook Kick

Charyet means ATTENTION

Kyung-Ye means BOW

June-Bi means READY

Si-Jak means BEGIN

Goman means STOP

Baro means RETURN

Be able to name and demonstrate the five basic stances:

Front Stance, Horse Stance, Back Stance, Fixed Stance, Cat Stance

Stances place our body in a balanced position and provide a stable foundation from which to deliver various offensive and defensive moves. The better the stance the more power a student will be able to generate. A weak or improper stance robs us of power and makes our techniques less effective.

Notice that the fixed stance and back stance have the same foot positions. In the fixed stance the weight is equally divided between the front and back leg. In the back stance more weight is shifted to the back leg, about 70%. This frees the front foot so it can be more easily lifted. In the cat stance even more weight is on the back leg, about 90%. Again this frees the front foot, allowing for kicks.

The Hyung Do-San is named after the Korean patriot, Ahn Chang-Ho, who lived from 1876-1936. The name Do-San was his pseudonym (false name). Pseudonyms are used by people who want to hide their names. Since Ahn Chang-Ho was working to make Korea an independent country, he did not want to be arrested for his activities and used this pseudonym to conceal his true identity. Do-San has 24 moves and its diagram is one stair step up and to the right. ____

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SPARRING: Three step sparring (7 – 10)

Semi sparring

Free Sparring

REQUIRED BREAKS:

Step Behind Side Kick

Reverse Side Kick

Palm Heel Strike (Downward)