

TEST FOR 9 TH GUP  
WHITE BELT/YELLOW STRIPE

Candidates for this rank must have completed a minimum of 2 months of instruction and 16 lessons.

Name and Demonstrate:

Middle Punch	Knifehand Inward Strike
High Punch	Knifehand Outward Strike
Rising Block	Lead Leg Front Kick
Middle Block Outward	Lead Leg Side Kick
Middle Block Inward	Lead Leg Roundhouse Kick
Low Block	Lead Leg Hook Kick

Taekwon-Do is a fusion of Kung Fu, Karate and Traditional Korean Martial Arts.

Taekwon-Do means Foot Fist Way.

Taekwon-Do uniforms are called Doboks ( Singular Dobok).

Taekwon-Do schools are called Dojangs ( Singular Dojang).

The form Chun-Ji has nineteen moves and its diagram is a + sign.

The meaning of Chun-Ji: Chun-Ji means "The Heaven, The Earth." This expression refers to the creation of the world or the beginning of human history. Chun-Ji is the first form learned in Taekwon-Do and has two parts. The first represents "The Heaven," the second part represents "The Earth." It is appropriate that white belts learn this form since it symbolizes the beginning of their training in Taekwon-Do.

When Martial Arts were practiced in Asia, students began with a white belt. It was the tradition not to wash these belts. As the student trained, the color of the belt changed until after years of hard work, the belt became black. This color came to represent a high level of skill in martial arts. To represent this gradual change our school uses the following colors.

White Belt	Green Belt	Red Belt
White Belt/Yellow Stripe	Blue Belt	Red Belt/Black Stripe
Yellow Belt	Purple Belt	Black Belt
Orange Belt	Brown Belt	

It should be understood that different schools of martial arts use different colors and some types of martial arts do not have belts at all. This does not detract from their training and skill. While it is worthwhile to earn belts, students should recognize that a belt is a symbol of skills and does not bestow character or superiority on the person who wears it. Nor will skills remain strong if a student does not practice on a regular basis. As a student trains, he should learn self-defense and self-control, but also practice humility. The moves you learn in Taekwon-Do should never be used to bully or harm others.

SPARRING: Three Step Sparring 1- 3 & Semi-Sparring