

TESTING

Testing is the means by which students advance in rank from White Belt to Black Belt and after that to different degrees of Black Belt. Testing is not required, but many students like to advance in rank and work hard to achieve different belts, including their Black Belt. While most martial arts schools charge for tests, White Tiger Martial Arts does not. However, there are still costs. A new belt will cost \$5. Students must attend a sufficient number of classes to be eligible for promotion and classes cost money. In addition, students must attend one tournament, participating in two events at that tournament to be eligible for promotion to Blue Belt, the fifth test out of nine that precede the Black Belt test. They must have competed in a second tournament to advance to the rank of Purple Belt and completed five tournaments in total before they take their Black Belt Test. Tournaments that our school attend usually cost from \$15 to \$35. This would make the total cost for 5 tournaments somewhere in the range of \$105 – \$140. It takes a minimum of 2 yr 8 months to move from the first lesson to the test for Black Belt. While this process is not cost free, most programs require payment for each test and also require some level of participation in tournaments. This usually means that a student participating in more expensive programs must pay anywhere from \$500 to \$700 (or more) to complete all their tests and requirement to earn their Black Belt. By comparison our students pay nothing for tests, but must attend the required number of classes and tournaments to be eligible for promotion. Students unable to pay for belts or tournaments may receive help to meet these costs.

Again, testing is not required and some students take classes and never test, but still practice martial art moves and participate in class, benefiting from the healthy exercise that martial arts classes offer. Tests are given the first Saturday of each month at Montavilla Community Center. Those who cannot test on Saturdays can test on Sunday. Occasionally, work schedules make it impossible to test on either day and in these circumstances, other testing days can be arranged. To prepare for tests, students need to learn certain skills. The requirements for each of the nine tests leading to the Black Belt test are listed below. Individual tests can also be viewed by going to the main website and moving over to **Tests**, where individual tests will appear in smaller drop down boxes that can be viewed one at a time.

To prepare for tests, students under sixteen must earn tips, marking their proficiency in each of the skills required for promotion. These are placed on their belts with a piece of tape. Yellow tip for forms – Green tip for Three Step Sparring (later, Two Step Sparring, and later still, Knife Defenses) – Blue Tip for Semi-Sparring (Ranks above White Belt must do both Semi-Sparring and Free Sparring to earn their Blue tip) – Red Tip for Board Breaking – White Tip for Ho Sin Suls – Black Tip for Knowledge. The first test requires four tips; yellow, green, blue and black. As a student advances in rank, more tips are required and each student starts with a brand new belt and slowly adds their tips as they demonstrate sufficient mastery of the various skills needed for promotion. Once a student earns all their required tips, they then take a **Pretest** to make sure they still remember all of their needed skills. If they pass this, they can then take the actual test. This process may seem a little confusing, but once a student begins earning these tips and then moves through the first promotion test, it becomes clearer. Adults also take Pretests, but do not earn tips. If a student, adult or child, does not pass the Pretest, they can work on the areas where they had difficulty and take that portion of the Pretest again. There are no costs for tips tests, Pretests, or Testing. Sometimes students can take tip tests and Pretests during one of their classes. But if there is not enough time to fit these activities into a regular class, students can also come

to Montavilla Community Center on Saturday after 3:15pm, at East Portland Community Center on Sundays from 9:00 am – 11 am, on Mondays at East Portland Community Center from 6:15 – 7:15 pm.

If you scroll down, you will find the first nine tests. These are the 9 tests needed to be eligible for the first Black Belt test (1st Degree Black Belt). You may also go back to Tests on the Home Page and view each tests individually by clicking on one of the drop down boxes.

One final note. Semi-Sparring is required for all tests and consists of the following moves for White Belts: Using the right leg only, do **Stepping in Front Kick, Stepping in Side Kick, Stepping in Roundhouse Kick, and Stepping in Hook Kick**. While one student does these kicks, the other backs up. Then the student, who backed up, moves forward and does the same kicks. Moving forward and backward the two students then do the same four kicks, but now using the **left leg**. The students then do double Roundhouse Kicks with both legs, followed by a combination Hook Kick/Roundhouse Kick with both legs. Again, first one student does the kicks, while his partner backs up, and then the other student uses the same kicks. The next series of kicks are Jumping Kicks. After this, students move forward doing a series of attacks of their own choice: kicks, punches, and strikes. More advanced students do more types of kicks, but White Belts only do the kicks described above. This is Semi-Sparring, the Blue Tip, one of the four tips White Belts need for promotion. Students above the rank of White Belt must do Semi-Sparring and Free Sparring to earn the Blue Tip, but **White Belts only do Semi-Sparring**.

SCROLL DOWN FOR THE FIRST NINE TESTS

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 Keg 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

TEST FOR 8 TH GUP
YELLOW BELT

Lessons: Candidates for this rank must train a minimum of two months and complete at least 24 lessons. This is to insure that students have enough time to practice their skills before being promoted. As student's progress in their training, longer periods of time will be required between tests.

BLOCKS:

Karate Style Low Block
Knifehand Block
Forearm Block
Knifehand Guarding Block
Twin Forearm Block

PUNCHES AND STRIKES:

Back Fist
Hammerfist Strike
Ridgehand Strike
Palmheel Strike

KICKS:

Stepping in Front Kick
Stepping in Side Kick
Stepping in Roundhouse Kick
Stepping Behind Hook Kick

Reverse Front Kick
Reverse Side Kick
Reverse Roundhouse Kick
Reverse Hook Kick

Taekwon-Do comes from Korea
Karate comes from Japan
Karate means Empty hand or Open Hand

Karate schools are called Dojo's
Karate uniforms are called Gi's

Count to ten in Korean:

Hana	One	Net	Four	Illop	Seven	Yul	Ten
Dool	Two	Dasot	Five	Yadul	Eight		
Set	Three	Yasot	Six	Ahop	Nine		

REQUIRED BREAKS:

Stepping in Side Kick

Hammerfist (VERTICAL)

Stepping in Front Heel Kick

Gups are the ranks below Black Belt. White Belt is automatically given to beginning students. All other ranks are earned. There are nine Gup ranks below Black Belt. This gives a balance to the nine degrees of Black Belt in Taekwon-Do. Not all martial arts have the same ranking system, although all generally follow some similar arrangement of ranks and testing.

9 th Gup – White Belt/Yellow Stripe
8 th Gup – Yellow Belt
7 th Gup – Orange Belt
6 th Gup – Green Belt
5 th Gup – Blue Belt

4 th Gup – Purple Belt
3 rd Gup – Brown Belt
2 nd Gup – Red Belt
1 st Gup – Red Belt/Black Belt

Dan Gun was a man who in legend was the founder of Korea. This form is more complex than Chun – Ji, though still not as difficult as later forms. You will discover that forms generally increase in difficulty as your training progresses. Dan Gun has twenty moves and its diagram is a capital “I”.

SPARRING: Three Step Sparring 4–6 Semi Sparring Free Sparring

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)

TEST FOR 6 TH GUP
GREEN BELT

LESSONS: Candidates for this rank must have trained for a minimum of two months and completed at least 32 lessons. Students must complete 4 hours of assistant teaching.

BLOCKS:

Low Guarding Block, palms up
Crossing High Block
Crossing Low Block
Leg Grab, Elbow Strike

Fixed Stance Middle Punch
Vertical Punch
Reverse Punch
Hammerfist Strike to the top of the head

KICKS:

Triple Roundhouse Kick
Combination Hook Kick, Roundhouse Kick
High Side Kick
Spinning Outside Crescent

Reverse Jumping Front Kick
Reverse Jumping Side Kick
Reverse Jumping Roundhouse Kick
Reverse Jumping Hook Kick

Gam – Sa – Ham – Ni – Da means “Thank you.”

Chonmaneo means “You’re Welcome.”

The sound a student makes when executing a technique is called the ‘Kiap.’ It is intended to focus our minds as well as increase our power. Kiaps tighten our stomach muscles to protect us from injury. They are also intended to startle an opponent.

The Tenants of Taekwon–Do:

Courtesy
Integrity
Perseverance

Self Control
Indomitable Spirit

General Choi Hong Hi (pronounced He) was one of the founders of Taekwon–Do. He was the first President of the International Taekwon–Do Federation (ITF).

Dr. Unyong Kim was another founder of Taekwon–Do and was the President of the World Taekwon–Do Federation (WTF).

Won–Hyo is named after a monk who introduced Buddhism to Korea in the year 686 AD. Buddhism is one of the major religions of the world and is widespread throughout Asia. This form has 28 moves and its diagram is a capital “I”.

Forms are used in many martial arts and serve several purposes. They are a way to focus the mind, a form of meditation, a way to exercise, a training regime and lastly, an imaginary fight against invisible opponents. Forms require students to practice a wide variety of moves and stances. They improve our skills while giving us a dance like routine that can be both graceful and powerful.

In Karate forms are called Katas (singular Kata). In Taekwon–Do there are two main systems. ITF uses

Hyung and WTF uses Poomses (pronounced “poom says”). Another martial art, Tai Chi, consists of learning a single form. Tai Chi is practiced around the world and many students enjoy its gentle, relaxing movements. All martial arts are to be respected and all have value.

SPARRING: Two Step Sparring (11 – 13) Semi Sparring Free Sparring

HO SIN SULS: Defense against wrist grabs: (1 – 4)

REQUIRED BREAKS: Stepping Behind Back Kick Single Jumping Side Kick
Knifehand Strike (Downward)

FOR 5 TH GUP
BLUE BELT

A candidate for Blue Belt must have completed at least two months of training and 32 lessons since their last test. Candidates must have also performed 6 new hours of assistant teaching. Blue Belts candidates must also have participated in two events at a tournament.

BLOCKS:

Hooking Block
Knifehand Twin Forearm Block
Double Forearm Block
Karate Style Augmented Block
Circular Elbow Block

PUNCHES AND STRIKES:

Reverse Front Elbow Strike
X Stance, Backfist Strike
U Shaped Punch
Punch To All Targets

KICKS:

Standard Jumping Front Kick
Standard Jumping Side Kick
Standard Jumping Roundhouse Kick
Standard Jumping Hook Kick
Stepping in 360 Degree Back Kick

Skipping in Front Kick
Skipping in Side Kick
Skipping in Roundhouse Kick
Skipping in Hook Kick

COMBINATIONS: Stepping in Front Kick, Reverse Roundhouse Kick, Spinning Back Kick. (Do both sides)

Mook – Nym means “Meditation”
Dura – Dura means “Turn Around”

Baro means “Return”
Chagi means “Kick”
Makgi means “Block”

VALUE OF REPETITION:

If you do a move ten thousand times, you will do it correctly. If you do a move a hundred thousand times, you will do it automatically. When we repeat movements, neural pathways are connected in our brains. What is at first an awkward movement of our arms and legs, becomes with enough practice, smoother and more precise. If we practice moves over and over again, we train our mind and body to work together until the moves become automatic and natural. If a student repeats moves using poor form, than when he calls upon his brain to perform the moves, they will also be performed poorly. When a student trains hard and uses good form, he is programming his brain. If a student must use his skills to protect himself, his self – defense moves will be performed automatically and with the correct positioning of the body, giving maximum power and effectiveness. This is why we repeat movements so many times in training. Do the moves to the best of your ability so that you train your mind and body to work together. Do the moves correctly in training and they will work in real situations.

Yul –Gok is the pseudonym of the philosopher and scholar Yi I (1536 – 1584). He was called the “Confucius of Korea”. Confucius was a Chinese scholar and philosopher whose teachings on ethics and

morality influenced many Asian cultures. The 38 movements refer to Yi I's birthplace on the 38th latitude. The pattern of Yul – Gok represents the Chinese character for scholar in deference to Yi I.

SPARRING: Two Step Sparring (14 – 16) Semi Sparring Free Sparring

HO SIN SULS:

Defense against chokes from the front (5 – 6)

Defense against single lapel grabs (7 – 8)

REQUIRED BREAKS:

Reverse Jumping Front Heel Kick

Palm Heel Strike (Horizontally)

Reverse Jumping Side Kick

TEST FOR 4 TH GUP
PURPLE BELT

Candidates must have completed a minimum of three months of new instruction and 32 lessons. They must have taught a minimum of 12 new hours as an assistant instructor. Candidates for this rank must have also competed in a least two tournaments, completing four events.

BLOCKS:

Ridgehand Block
U Shaped Block
Twin Knifehand Outward Block
Twin Middle Block Outward

PUNCHES AND STRIKES:

Reverse Elbow Strike
Twin Vertical Punch
Twin Upset Punch
Simultaneous Middle Punch, Knifehand Strike

KICKS:

Spinning Back Kick
Spinning Side Kick
Spinning Hook Kick

Spinning Outside Crescent Kick
Spinning Roundhouse Kick
Spinning Front Kick

COMBINATIONS: (Do Both Sides, Right and Left Leg)

Stepping in front kick, reverse roundhouse kick, spinning side kick
Stepping in front kick, reverse roundhouse kick, spinning hook kick

Focus is total concentration. We block out all else and exist for a time only in the present. What is trivial or distracting fades from our thoughts. For a brief time we direct all our mental processes to a single task. Focus makes it possible for a student to achieve his maximum potential. When doing forms or sparring, a student with good focus will have a clear mind, move smoothly, and perform techniques with precision. Total focus produces a mental state where we can achieve more than we ever believed possible and seem to do so effortlessly. While it is not possible to maintain such a state continuously, a martial artist tries to achieve total focus whenever a maximum effort is required. The more you practice focusing, the more readily you can enter such a state.

JOONG GUN HYUNG: Korea was occupied by Japan and then annexed in the 1900's. The Koreans resented this conquest and Ahn Joong Gun, a Korean patriot, decided to strike back. He assassinated the Japanese Governor General. Mr. Ahn was executed for his actions, and this form honors him for his sacrifice. He was 32 when he died and so this form has 32 moves. The diagram is a capital "I".

SPARRING: Knife defenses (1 - 3) Semi Sparring Free Sparring

HO SIN SULS:

Defense against double label grabs (9 – 10)
Defense against arms pinned from behind (11 – 12)

TEST FOR 3 RD GUP
BROWN BELT

A candidate for this rank must have completed at least three months of training and 48 lessons. Candidates must have also performed at least 12 new hours of assistant teaching and participated in three tournaments or two tournaments and one demonstration.

BLOCKS:

W Shaped Block
Low Block – Backfist Combination
Low Knifehand Guarding Block
Jumping to an X Stance, Crossing Low Block

PUNCHES AND STRIKES:

Spearhand Downward Thrust
Head Grab with a Knee Smash
Tiger Claw Palm Heel Strike
Rear Elbow Strike

KICKS:

(180 Degree) Jump Spinning Back Kick
(180 Degree) Jump Spinning Side Kick
(180 Degree) Jump Spinning Hook Kick
(180 Degree) Jump Spinning Outside Crescent Kick

Hopping in Front Kick
Hopping in Side Kick
Hopping in Roundhouse Kick
Hopping in Hook Kick

COMBINATIONS: (Do both sides starting with the right leg)

Lead Leg Outside Crescent Kick, Inside Crescent Kick
Lead Leg Outside Crescent Kick, Reverse inside Crescent Kick

BREATHING: Breathing should come from deep in the chest, using the Solar Plexus (Diaphragm) to draw in air. As the technique is executed, students should exhale. Breathing keeps oxygen flowing through the body. With proper breathing, we will be less exhausted evening during strenuous workouts. Improper breathing will result in less oxygen entering our lungs and a student will run out of breath, become exhausted and be unable to continue. A student should breath in silently and exhale with a sight sound. Sometimes this exhalation is turned into a yell, called the “Kiap.”

Toi – Gye Hyung: Toi – Gye was the pen name for the scholar Yi Hwang (16 th Century), an authority on Neoconfucianism. Confucius was a Chinese scholar whose teachings on ethics and morality gave rise to a philosophy (Confucianism) followed in China and many other Asian countries. The Hyung Toi – Gye has 37 movements, out of respect for Toi – Gye (Yi Hwang) who was born on the 37 th Latitude.

Five criteria that are important when judging forms are :

Stances Technique Power Chambers Concentration

SPARRING: Knife Defenses (4 - 6) Semi Sparring Free Sparring

HO SIN SULS:

Defense Against Chokes From Behind (13 – 14)

Defense Against Grab Around Waist From Behind (15 – 16)

REQUIRED BREAKS:

Roundhouse Kicks

Knifehand Inward Strike (Horizontal)

Stepping in 360 Degree Back Kick

Punch (Downward)

TEST FOR 2 ND GUP
RED BELT

Candidates for RED BELT must have completed a minimum of four months of training since their last test with at least 48 new lessons. Candidates must have also completed 20 new hours of assistant teaching.

BLOCKS:

Wrist Block
Wrist Block to Palm Heel Block
Palm Heel Block to Wrist Block
Knifehand Rising Block

PUNCHES AND STRIKES:

Arc Hand Strike
Double Finger Strike
Downward Elbow Strike
Crescent Punch
Long Fist

KICKS:

Front Twisting Kick
Axe Kick
Front Heel Kick
Spinning Heel Kick

Pulling Side Kick
Spin Jumping 360 Degree Inside
Crescent Kick
Flying Side Kick Over an Obstacle

COMBINATIONS: (Do both sides, Right leg first)

Lead leg Outside Crescent Kick, Reverse Inside Crescent Kick, Spinning Outside Crescent Kick
Spinning Hook Kick, Double Roundhouse Kick

At one time Korea was divided into three kingdoms – Kuguryo, Baek – Je, and Silla. These kingdoms constantly warred with each other, or were invaded by foreign powers. In the 7th Century a group of young warriors was formed. They practiced martial arts and followed a warrior code similar to the code of the Samurai in Japan. These warriors were called the Hwa – Rang (Flower of Manhood) and were brave and heroic in battle. Their actions help lead to the unification of Korea into a single nation. The form Hwa – Rang is named after them. The 29 movements refer to a more modern group of warriors, the 29th infantry division of the Korean army. It was in this division that Taekwon–Do was refined.

SPARRING: Knife Defenses (7 – 9) Semi Sparring Free Sparring Two on One Sparring

HO SIN SULS:

Defense against rear wrist grab (17 – 18)
Defense against belt grab (19 – 20)

REQUIRED BREAKS:

Axe Kick
Jump Spinning Back Kick
Hook Kick

Ridgehand (Horizontal)
Elbow Strike (Downward)

TEST FOR 1ST GUP
RED BELT/BLACK STRIPE

Candidates for this rank must have completed a minimum of four months of new training and 64 lessons. They must have also taught at least 24 new hours as an assistant instructor and completed 4 tournaments and one demonstration.

BLOCKS:

Twin Palmheel Blocks (upward)
X Knifehand
Scooping Block
Sweep

PUNCHES AND STRIKES:

Horizontal Punch
Middle Knuckle Punch
Double Side Elbow Strike
Palm Heel Strike to the head

KICKS :

Single Jumping Twin Front Kick
Jump Spinning 360 Degree Hook Kick
Jump Spinning 360 Degree Outside Crescent Kick

Jump Spinning 360 Degree Back Kick
Flying Side Kick Over an Obstacle
Reverse Jumping Right, Left Front Kick

CONTROL: Control in the martial arts refers to the ability to control your own thoughts and actions. In sparring this means a student can deliver a precise technique, but stop a fraction of an inch away from their sparring partner. Control is also necessary when doing forms and practicing martial arts. Students must learn to control their own thoughts and impulses. A student constantly scratching and fidgeting in class is not controlling his actions, but allowing every minor distraction to engage his mind. A student with control may notice an itch or minor distraction, but does not allow these things to control him. Instead he ignores what is trivial and focuses his thoughts on what is most essential. It is this inner control that leads to outer control.

Chung – Mu: Korea was often invaded by foreign countries or involved in internal struggles. In the 1500's Japan invaded Korea and a terrible war followed. The Korean Admiral Chung – Mu invented an armored ship to help drive the invaders from Korea. Unfortunately, he died while still relatively young before he could reach his full potential as a warrior and patriot. The form Chung – Mu ends with a left hand attack to symbolize his early death. This form is meant to honor him for his heroic life. This hyung has 30 moves and its diagram is a "I".

SPARRING: Knife Defenses (10 – 12), Semi Sparring, Free Sparring, Two on One Sparring

HO SIN SULS:

Defense against rear shoulder grabs (21 – 22)
Defense against middle punch (23 – 24)

REQUIRED BREAKS:

Spinning Hook Kick

Reverse Twisting Kick

Flying Side Kick over an Obstacle

Punch (Horizontally)

Elbow Strike (Horizontally)