

# YELLOW TESTING FOR GREEN-TIP



## PHILOSOPHY:

**HUMBLENESS** – Being humble means not showing off what you know. Don't brag about yourself, and never say that you are better than someone else.

## ETHICS:

- WEAR A CLEAN WHITE UNIFORM ALWAYS
- BOW WHEN YOU SEE ANY BLACK BELTS
- DO NOT ENTER YOUR INSTRUCTOR'S OFFICE AREA

## TERMINOLOGY:

### **ENGLISH**

FORMS  
MASTER  
GRANDMASTER  
INSTRUCTOR

### **KOREAN**

POOMSE  
SA-BUM-NIM  
KWAN-JANG-NIM  
KYO-SA-NIM

## TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: SIDE KICK
- APPROX. 2 MONTHS OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1

## YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

**STANCES** – ATTENTION, BOW, JOON-BI, RIDING HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE

**PUNCHES** – DOUBLE THRUST PUNCH, SINGLE PUNCH, DOUBLE PUNCH, TRIPLE PUNCH

**KICKS** – FRONT STRETCH UP KICK, INSIDE-OUT KICK, OUTSIDE-IN KICK, FRONT SNAP KICK, PUSH KICK, ROUND HOUSE KICK, STEP BEHIND SIDE KICK, FAST KICK

**MOTION BLOCKS** - LOW BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK, DOUBLE PUNCH, KNIFE HAND STRIKE

**FOOTWORK** – SWITCH STANCE, STEP FORWARD+STEP BACK, STEP RIGHT+STEP LEFT, HOP FORWARD+HOP BACK, 1 STEP FWD+1STEP BACK, 1 STEP FWD+HOP BACK, CHUNJIN, WHOJIN, ILBO CHUNJIN, ILBO WHOJIN.

**SPARRING** – LIGHT CONTACT SPARRING – SPARRING GEAR REQUIRED



## Written Test

### Yellow Belt Testing for Green-Tip Belt

Name: \_\_\_\_\_

1. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

2. What would you like to improve before your next belt testing?

Mentally:

Physically:

Emotionally:

3. Why do we bow in Taekwondo?

4. What is your favorite drill or technique? Why?

5. Draw a line connecting the words on the left to the matching words on the right:

FORMS  
MASTER  
GRANDMASTER  
INSTRUCTOR

SA-BUM-NIM  
KWAN-JANG-NIM  
KYO-SA-NIM  
POOMSE

# CHANG LEE'S TAEKWONDO



**Test Fee \$50**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Present Rank: \_\_\_\_\_ Applied Rank: \_\_\_\_\_

Date of Test: \_\_\_\_\_ Belt Size: \_\_\_\_\_

	A+	A	B	C	D	Comments
<b>Stances and Movements</b>						
<b>Endurance / Conditioning</b>						
<b>Kicking Technique</b>						
<b>Foot Work</b>						
<b>Blocking and Punches Drills</b>						
<b>Motion Blocks</b>						
<b>Forms (Poomse)</b>						
<b>Respect / Focus</b>						
<b>Flexibility</b>						
<b>Sparring Technique</b>						
<b>Board Breaking</b>						