



Bear Path Martial Arts Tae Kwon Do, Chung Do Kwan Head Instructor: Tim Blaylark 3rd Dan

9th Gup Test Requirements

Promotional Exam from White Belt to 8th Gup Yellow Belt.

Written and or Verbal:

1. The Three Aspects and Five Tenets of Tae Kwon Do.
2. Korean Terminology.
3. Counting in Korean.
4. The meaning of Taeguk Il-Jang.

Physical:

1. Taeguk Il-Jang
2. One Steps
3. Self Defense - Hon Sin Sul
4. Basic Stances
5. Basic Kicks and Hand Techniques
6. Board Break - Kyupka - 1 board hand

You must train the week prior to your test or you NOT be allowed to test.

When one is prepared, luck is not a factor.



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For Yellow Belt

counting

hana	one
tul	two
set	three
net	four
tasot	five
yosot	six
ilgop	seven
yodolp	eight
ahop	nine
yol	ten
yol-hana	eleven
yol-tul	twelve
yol-set	thirteen
yol-net	fourteen
yol-tasot	fifteen
yol-yosot	sixteen
yol-ilgop	seventeen
yol-yodolp	eighteen
yol-ahop	nineteen
sumul	twenty
sorun	thirty
mahun	fourty
shween	fifty
yesun	sixty
irun	seventy
yodun	eighty
ahun	ninety

For Yellow Belt

Stances

soghi	Stance
ap soghi	Front Stance
ap kubi soghi	Front Wide Stance
dwi soghi	Back Stance
dwi kubi soghi	Back Wide Stance
juchoom soghi	Horse Stance
kibon junbi soghi	Ready Stance

Kicks

chagi	Kick
apchagi	Front Kick
yopchagi	Side Kick
dollyochagi	Round(house) Kick

Blocks

maki	Block
Montong Maki	Inside Block

Punches

chigi	punch
apchigi	front punch
doo bun chigi	double punch



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Misc Termonology

Tae Kwon Do	the way (art) of hand and foot
Dobok	uniform
Dojang	school
Gamsa	
Hamnida	Thank You
Sejak	Begin
Gu-man	Stop
Barro	Return
Cha-ryot	Attention
Kyung-rye	Bow
Taek Kyon	ancient art, one of two precursors to TKD
Subak	ancient art, one of two precursors to TKD

For Yellow Belt

Helpful Hints

general rule for a front technique: **Ap + technique**
 general rule for a side technique: **Yop + technique**
 general rule for a back technique: **Dwi + technique**

so a front stance is: **Ap Soghi**
 and a side kick is: **Yop Chagi**
 and a back stance is: **Dwi Soghi**

Philosophy of Taeguk Il-jang

Powerful, Manly, Pure Yang
 Air is foreful and direct. Often flowing around, but still striking with much force; in your face

Three Aspects of TKD

Strength
 Training
 Flexibility

Five Tenets of TKD

Courtesy
 Humility
 Perserverance
 Loyalty
 Indomitable Spirit