

BELT TEST REQUIREMENTS

High Brown Belt

1. FORMS: 8 Taegeuks & 3 Hyongs and Won Yo
2. BASIC STANCES & HAND TECHNIQUES:
Demonstration of ALL techniques by their Korean name
3. IL BO GYORUGY (1 STEP SPARRING):
Create you own – Attacks/Throws/Locks – Minimum of 30 examples
4. KICKS:
Demonstration of ALL kicks by their Korean name
5. ENDURANCE TEST:
2 Rounds of 2 minutes each – Kicking paddles (Master's Choice)
6. JAIU GYORUGY (FREE SPARRING):
Against 1 & 2 opponents
7. KYOPA (BOARD BREAKING):
All kicks & combinations of kicks
8. ALL PREVIOUS BELT TEST REQUIREMENTS (WHITE – BROWN)
9. QUESTIONS: All information given on the white – high brown question sheets

High Brown Belt Questions

1. ESSAY
Why do I want a Black Belt in TaeKwonDo, what does a Black Belt mean to me and what are my goals? 2 pages in length — bring completed essay to the belt test.
2. KIBON DON JAK (Basic stances, hand techniques and kicks)
All names must be memorized in Korean

Narani (Shoulder Stance)

Apkubi (Front Stance)

Arae Makki
Monton Thirugui
Orgule Makki
Pyonsoncut Seuo Thirugie
Jebipoom Moc Chiggie
Dung Jumoc Ap Chiggie
Palgub Dolio Chiggie
Palgub Chiggie
Hansonal Bitro Makki
Orgule Bacat Makki
Batanson Monton Makki
Kawe Makki
Hecho Makki
Utgoro Makki
Waysantul Makki
Tuc Chiggie

Low Block
Middle Punch
Face Block
Middle Target Spear Finger Strike
Palm Rising Block with Neck Strike
Front Back Fist Strike
Elbow Strike
Elbow Strike to Palm
Single Knife Hand Twist Block
High Outer Block
Palm Middle Block
Scissor Block
Cross Block
Low “X” Block
Mountain Block
Chin Strike/Upper Cut

Absogi (Walking Stance)

Jebipoom Hansonal Moc Chiggie

Knife Hand Neck Strike

Tui Kubi (Back Stance)

Sonal Godolo Makki
Hansonal Monton Makki
Bacat Palmoc Makki
An Palmoc Makki
Sonal Arae Makki
Godolo Bacat Makki
Godolo Bacat Arae Makki

Double Knife Hand Middle Block
Single Knife Hand Middle Block
Outer Arm Middle Block
Inner Arm Middle Block
Double Knife Hand Low Block
Double Arm Outer Block
Double Arm Outer Low Block

Boomsogi (Tiger Stance)

Bantanson Monton Makki
Monton Makki
Dung Juemoc Ap Chiggie

Palm Middle Block
Middle Block
Front Back Fist Strike

High Brown Belt Questions *(continued)*

Wensogi (Left Stance)

Orunsogi (Right Stance)

Meo Juemoc Chiggie
Dung Juemoc Yop Chiggie

Hammer Fist Down Strike
Outer Back Fist Strike

Quasogi (“X” Stance)

Dung Juemoc Ap Chiggie

Front Back Fist Strike

Gyorugy Jazae (Fighting Stance)

Podo Oligui
Ap Chaggie
Pique Chaggie
Yop Chaggie
Bacat Chaggie
An Chaggie
Tchigo Chaggie
Dolio Chaggie
Rhurio Chaggie
Mido Chaggie
Ti Chaggie
Ti Dolio Chaggie
Timio Ti Chaggie
Timio Ti Dolio Chaggie
Naraban Chaggie

Rising Leg
Front Kick
Roundhouse Kick
Side Kick
Crescent Kick to Outside
Crescent Kick to Inside
Axe Kick
High Roundhouse Kick
Hook Kick
Push Kick
Back Kick
Spinning Hook Kick
Jumping Back Kick
Jumping Spinning Hook Kick
Butterfly Kick

NOTE: the names printed in bold are stances. Each of the techniques that follow that stance is to be performed in that stance