

Dragon Heart TaeKwonDo

@ Gymstreet USA

STUDY GUIDE FOR PROMOTION EXAM

Orange Belt

(Requirements for next belt)

TECHNIQUES

KICKS

1. Push Kick
2. Hook Kick
3. Turn Around Side Kick
4. Turn Around Round House Kick

PUNCHES

1. Front Hand Punch
2. Reverse Hand Punch
3. Low, Middle, High Punch

BLOCKS

1. Low Block
2. Inside Out Middle Block
3. Outside In Middle Block
4. High Block

STANCES

1. Ready Stance
2. Horse Riding Stance
3. Walking Stance
4. Long Stance
5. Sparring Stance

REQUIREMENTS

POOMSAE

- Taegeuk (2) E Jang

BREAKING

- Front Kick
- Hammer Fist

SPARRING

- Light Contact Sparring
- Combination of two or more kicks (any technique)
- One Step Sparring number 2
- Self Defense number 2

GENERAL KNOWLEDGE

1. *What are the rules of the do-jang?*

(See "Rules of The Do - Jang").

2. *What is the meaning of the American Flag?*

The 50 stars represent the 50 states. The 13 stripes represent the original 13 colonies.

The color red is for courage, war & blood. The color white is for truth, freedom, & purity.

The color blue is for justice, loyalty & ambition, Sir!

3. *What is the name of the form you are doing?*

Taegeuk (2) E Jang, Sir!

4. *How Many movements are there in this form?*

18 movements, Sir!

PHILOSOPHY

1) *What is the philosophy of Taegeuk (2) E Jang form?*

TAE: Represents strength where one's mind is kept firm, the person appears gentle and the smile and virtues prevail; pleasure and complacent satisfaction. This form should be done with flowing but powerful movement, Sir!