

Dragon Heart TaeKwonDo

@ Gymstreet USA

STUDY GUIDE FOR PROMOTION EXAM

Orange Belt

(Requirements for next belt)

<u>KICKS</u>	<u>PUNCHES</u>	<u>TECHNIQUES</u>	<u>BLOCKS</u>	<u>STANCES</u>
1. Push Kick	1. Front Hand Punch		1. Low Block	1. Ready Stance
2. Hook Kick	2. Reverse Hand Punch		2. Inside Out Middle Block	2. Horse Riding Stance
3. Turn Around Side Kick	3. Low, Middle, High Punch		3. Outside In Middle Block	3. Walking Stance
4. Turn Around Round House Kick			4. High Block	4. Long Stance
				5. Sparring Stance

<u>REQUIREMENTS</u>		
<u>POOMSAE</u>	<u>BREAKING</u>	<u>SPARRING</u>
· Taegeuk (2) E Jang	· Front Kick · Hammer Fist	· Light Contact Sparring · Combination of two or more kicks (any technique) · One Step Sparring number 2 · Self Defense number 2

<u>GENERAL KNOWLEDGE</u>	
1. <i>What are the rules of the do-jang?</i>	(See "Rules of The Do -Jang").
2. <i>What is the meaning of the American Flag?</i>	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. <i>What is the name of the form you are doing?</i>	Taegeuk (2) E Jang, Sir!
4. <i>How Many movements are there in this form?</i>	18 movements, Sir!

<u>PHILOSOPHY</u>	
1) <i>What is the philosophy of Taegeuk (2) E Jang form?</i>	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!