

# Dragon Heart TaeKwonDo

## @ Gymstreet USA

### STUDY GUIDE FOR PROMOTION EXAM

**Brown Belt**

(Requirements for next belt)

#### TECHNIQUES

##### KICKS

1. Jump Turn Around Side Kick
2. Jump Turn Around Round House Kick
3. Jump Turn Around Outside In Kick

##### PUNCHES

1. Block Punch (All combinations)

##### BLOCKS / STRIKES

1. X Block
2. Scissor Block
3. Half Mountain Block
3. Full Mountain Block

##### STANCES

1. Tiger Stances
2. Knee Strike

#### REQUIREMENTS

##### POOMSAE

- Taegeuk (7) Chil Jang

##### BREAKING

- Reverse Knife Hand Strike
- Jump Inside Out Kick

##### SPARRING

- Full Contact Sparring
- One Step Sparring number 7
- Self Defense number 7

#### GENERAL KNOWLEDGE

1. *What are the requisites of mental training?*

- 1) Reverence for nature
- 2) Physical concentration (Ki-Hap)
- 3) Modesty
- 4) Thankfulness
- 5) Self-sacrifice
- 6) Courage
- 7) Chastity
- 8) Be strong inside – mild outside
- 9) Endurance
- 10) Reading ability, Sir!

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

Taegeuk (7) Chil Jang, Sir!

3. *How many movements are there in this form?*

26 movements, Sir!

#### PHILOSOPHY

1. *What is the meaning of the Brown belt?*

The Brown belt represents the end of autumn. The student has endured great discipline of mind and body. The student can be confident in everyday challenges, Sir!

2. *What is the philosophy of the Taegeuk (7) Chil Jang form?*

Gan: Represents mountains. The mountains symbolize solemn majesty and tranquility by the way they stand upright in their surroundings. The principle teaches that a person should have a good judgment and should not act hastily. The principle is applied when the wisdom of knowing when to stop and when to proceed, when an action is used, and the rhythm and timing of movements are attained, Sir!