

Dragon Heart TaeKwonDo

@ Gymstreet USA

STUDY GUIDE FOR PROMOTION EXAM

Brown 2nd Belt

(Requirements for next belt)

TECHNIQUES

KICKS

1. Jump Back Swing Kick
2. Back Leg Jump Front Kick
3. Back Leg Jump Side 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 (8) Pal Jang

BREAKING

- Knife Hand and Reverse Knife Hand Strikes
- Jump Back Kick

SPARRING

- Full Contact Sparring
- One Step Sparring number 8
- Self Defense number 8

GENERAL KNOWLEDGE

1. *What does the circle mean in the Korean flag and what is it called?* The Taegeuk – It represents the origin of all things in the universe. Depicted on the flag is a circle divided equally and locked in perfect balance. The circle's center is divided into red(Yang) and blue (Um) by a horizontal "S." The two opposites express the dualism of the cosmos: fire and water, day and night, dark and light, active and passive, heaven and earth, beginning and end, etc. They are also balanced in eternal harmony. It also signifies that Man has two natures, Physical and Spiritual, Sir!
2. *What is the name of the form you are doing?* Taegeuk (8) Pal Jang, Sir!
3. *How many movements are there in this form?* 24 movements, Sir!

PHILOSOPHY

1. *What is the meaning of the Korean flag?*

The Korean flag symbolizes much of the thought, philosophy, and mysticism of Asia. It encourages contemplation and philosophical interpretation of the varied meaning of the universe. In the center of a white background is a circle divided equally with each part resembling a comma. The upper (red) comma represents the Yang and the lower (blue) comma, the Um. An ancient symbol of the universe that is in perfect harmony and balance. These two harmonious forces, both complementary and in opposition, express the dualism of the cosmos or the absolute: fire and water, day and night, good and evil, masculine and feminine, hot and cold, etc. The three bars at each corner also illustrate the concept of opposites and balance. The three unbroken bars represent Heaven while the three broken bars represent Earth. The three bars in the upper right hand corner symbolize Water while the three bars in the lower left hand corner represent Fire, Sir!
2. *What is the philosophy of the Taegeuk (8) Pal Jang form?*

Gon: Represents the earth. The earth has strength, firmness, and power. The earth has the ability to accommodate everything that grows and has the heaven above. Taegeuk Pal Jang applies the principle of positive power and passiveness over being complacent, Sir!