

Dragon Heart TaeKwonDo

@ Gymstreet USA

STUDY GUIDE FOR PROMOTION EXAM

Brown 3rd Belt

(Requirements for next belt)

TECHNIQUES

KICKS

1. Jump Back Leg Push Kick
2. Jump Back Leg Round Kick
3. Jump Back Leg Inside Out Kick

PUNCHES

1. Block Punch (All combinations)

BLOCKS / STRIKES

1. Block Strikes (All combinations)

STANCES

1. Tiger Stance (continued)

REQUIREMENTS

POOMSAE

- Palgwae (1) Il Jang

BREAKING

- Jump High Kick

SPARRING

- Full Contact Sparring
- One Step Sparring number 9
- Self Defense number 9

GENERAL KNOWLEDGE

1. *Why do you practice one-step Sparring?* To develop effective offensive and defensive maneuvers, precision, control of distance, and reaction time, Sir!
2. *What is the benefit of Free Sparring?* To demonstrate mental discipline and physical control of ourselves. It is much harder to control ourselves than to make contact. In a situation of self-defense, control is very important in making good opportunity work out to our advantage. Control in free sparring will build self-confidence, which indicates a strong mind, Sir!
3. *How should you use TaeKwonDo and in what situation should it be used?* Fitness, confidence, self-defense, self-discipline, etc., Sir!
4. *What is the name of the form you are doing?* Palgwae (1) Il Jang, Sir!
5. *How many movements are there in this form?* 20 movements, Sir!

PHILOSOPHY

1. *What is the philosophy of the Palgwae (1) Il Jang form?*

Palgwae (1) IL JANG is a series of actions applying the Keon principle of Palgwae. Keon represents that which is great and original, penetrating, advantageous, correct, and firm: Heaven, the sun, or light. Keon is the beginning of the earth. The power of heaven, and is the source of the creation, heaven sends the rain, and the sun shines the light so that all things will exist live and grow, Sir!