

Phase 2 - Intermediate Program Children/Adult (Green1 to Brown 3): Belt test Requirements

Green1 to Green 2	Green 2 to Brown 1	Brown 1 to Brown 2	Brown 2 to Brown 3
Forms Pyung Ahn Sa Dan One count	Forms Pyung Ahn Sa Dan Own count	Forms Pyung Ahn O Dan One count	Forms Pyung Ahn O Dan Own count
Weapons As request by testing board	Weapons As request by testing board	Weapons As request by testing board	Weapons As request by testing board
Self-Defense Two hand lapel grab	Self-Defense Superman	Self-Defense Bear Hug	Self-Defense The Cub
Red belt combinations Hand Combo # 5	Red belt combinations Hand Combo # 6	Red belt combinations Hand Combo # 7	Red belt combinations Foot Combo # 1
Breaking Inside/Outside Crescent Kick	Breaking Side Flying Kick	Breaking Back Kick	Breaking Jump Back Kick
One Step Sparring Advance # 5	One Step Sparring Advance # 6	One Step Sparring Advance # 7	One Step Sparring Advance # 8
Free Sparring Demonstration of free sparring skills	Free Sparring Demonstration of free sparring skills	Free Sparring Demonstration of free sparring skills	Free Sparring Demonstration of free sparring skills
Endurance 65 - Jump and Jacks 25 Push up 15 Sprawls 25 Sec – Mountain Climbers 10 Crunches	Endurance 70-Jump and Jacks 25-Push up 15-Sprawls 25 Sec – Mountain Climbers 10 Crunches	Endurance 75 - Jump and Jacks 25 - Push ups 15- Sprawls 25 Sec – Mountain Climbers 30 Sec - Horse Stance Punches	Endurance 80-Jump and Jacks 25-Push ups 15-Sprawls 25 Sec – Mountain Climbers 35-Seconds Horse Stance Punches
Culture/Terminology YUK SOO (Defense/Punch) YUK SOO DO (Ridge hand) DWI CHA GI (Back kick) DWI DULL RYO CHA GI (Spin back kick) PAL KOOP KONG KYUCK (Elbow strike) CHUN GUL SSANG SOO MAHK KEE (2 Fist block front stance) HU GUL SSANG SOO MAHK KEE (2 Fist block back stance)	Culture/Terminology KWON DO (Hammer fist) SOO DO (Knife hand) MYUNG CHI (Solar plexus) IN CHONG (Upper lip) KO WHAN (Groin) HA DAN (Low) CHOONG DAN (Middle) SANG DAN (High)	Culture/Terminology YONG GI (Courage) CHUN JIK (Honesty) KYUM SON (Humility) KYONG (Wisdom) KIN (Effort & Sincerity) PYONG AHN (Well-balanced, calm peaceful, confidence) SHIN CHOOK (Tension / Relaxation)	Culture/Terminology DAN JUN (Abdomen) KA SUM (Chest) KWI (Ear) NUN (Eye) BAHL (Foot) CHU MOK (Fist) SOO (Hand) TARI (Leg)