

Phase 2 - Intermediate Program (Purple 1 to Green1): Belt test Requirements

Adult and Children 7 to 12 Years Old

Purple 1 to Purple 2	Purple 2 to Blue 1	Blue 1 to Blue 2	Blue 2 to Green 1
Forms Pyung Ahn E-Dan (form # 5) One count	Forms Pyung Ahn E-Dan (form # 5) Own count	Forms Pyung Ahn Sam Dan (form # 6) One count	Forms Pyung Ahn Sam Dan (form # 6) Own count
Self-Defense Double Elbow	Self-Defense Passing the Horizon	Self-Defense Kneeling Warrior	Self-Defense One hand Lapel Grab
Weapon As request by testing board	Weapons As request by testing board	Weapons As request by testing board	Weapons As request by testing board
Red Belt Combinations Hand Combo #1	Red Belt Combinations Hand Combo # 2	Red Belt Combinations Hand Combo # 3	Red Belt Combinations Hand Combo # 4
Breaking Front Leg Side Kick	Breaking Reverse Elbow	Breaking Jump Front Kick	Breaking Round House Kick
One Step Sparring Advance # 1	One Step Sparring Advance # 2	One Step Sparring Advance # 2	One Step Sparring Advance # 4
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 45-Jump and Jacks 20-Push ups 10-Sprawls 25-Second Mountain Climbers	Endurance 50-Jump & Jacks 20-Push ups 10-Sprawls 25-Second Mountain Climbers	Endurance 55-Jump & Jacks 20-Push ups 15-Sprawls 25-Second Mountain Climbers	Endurance 60-Jump & Jacks 20-Push ups 15-Sprawls 25-Seconds Mountain Climbers
Culture/Terminology KUK GI BAY RAY (salute flags) BA RO (return) ANJOH (sit) MUK NYUM (begin meditation) SA BOM NIM KAY KYUNG RET (bow to master instructor) KYO SA NIM KAY KYUNG RET (bow to certified instructor) SUN BEH NIM KAY KYUNG RET (bow to class senior)	Culture/Terminology E-DAN AHP CHA GI (jump front kick) E-DAN YUP CHA GI (jump side kick) E-DAN DULL RYO CHA GI (jump round house kick) E-DAN DWI CHA GI (jump back kick) E-DAN DULL RYO DWI CHA GI Jump back kick (360 degrees) JANG KWAN (heel of palm) KAP KWON (back fist)	Culture/Terminology Korean Counting HANA- 1 DUL – 2 SET – 3 NET – 4 DASOT – 5 YOSOT – 6 ILGOP – 7 YODUL - 8 AHOP – 9 YOL - 10	Culture/Terminology Grandmaster Hwang Kee Founder of Moo Duk Kwan branch of Tang Soo Do in 9/11/45, one of the original five Korean Kwans to evolve after World War two and Korea's liberation from Japanese occupation. He would later use the term 'Soo Bahk Do to describe his art, which is predominantly based on Funakoshi's Okinawan style of Karate with some Chinese and Korea influence.