

Phase 1 - Beginner Program (White to Purple 1) Belt Test Requirements

Adult and Children 7 to 12 years old

White to Yellow Belt	Yellow To Orange 1	Orange 1 To Orange 2	Orange 2 Purple 1
Forms Kicho Hyung Il Bu	Forms Kicho Hyung E Bu	Forms Kicho Hyung Sam Bu	Forms Pyung Ahn Cho Dan
Self-Defense Pulling Tigers Tail	Self-Defense Pulling Dragons Tail	Self-Defense Wrap Around	Self-Defense Kicking Mule
Breaking Hammer Fist	Breaking Outside Crescent Kick	Breaking Palm Heel	Breaking Front Kick
One Step Sparring Basic # 1	One Step Sparring Basic # 2	One Step Sparring Basic # 3	One Step Sparring Basic # 4
Sparring Skills None	Sparring Skills None	Sparring Skills None BBC only - as requested by Testing Board	Sparring Skills None BBC only - as requested by Testing Board
Endurance 25-Jump and Jacks 5-Push ups 25-Seconds Mountain Climbers	Endurance 30- Jump and Jacks 10- Push ups 30-Seconds Mountain Climbers	Endurance 35- Jump and Jacks 15-Push ups 35-Seconds Mountain Climbers	Endurance 40- Jump and Jacks 15- Push ups 40 Seconds Mountain Climbers
Culture/Terminology CHOON BEE (Ready stance) CHA RYUT (Attention stance) KO MAP SUM NI DA (Thank you) SA BOM NIM (Master Instructor) KYO SA NIM (Certified instructor) DOBOK (Uniform) DEE (Belt) DO JANG (Training hall or studio) GI CHO (Basic)	Culture/Terminology SANG DAN MAHK KEE (High block) DULL RYO CHA GI (Round house kick) AHP CHA GI (Front snap kick) HA DAN MAHK KEE (Low block) YUP MAHK KEE (Side block) PHAKESO AHNU RO MAHK KEE (Outside to inside block) AHNESO PHAKU RO MAHK KEE (Inside to outside block) YUP CHA GI (Side kick) AHP PODO OLL RI GI (Front stretch kick)	Culture/Terminology 10 Articles of faith Be loyal to your Country Be obedient to your parents Be loving between family members Be cooperative between siblings Be faithful between friends Be respectful to your elders Be respectful between teacher and student Know the difference between good and bad Never give up on your dreams Always finish what you start	Culture/Terminology CHUN GUL JA SEH (Front stance) HU GUL JA SEH (Back stance) KEE MA JA SEH (Horse stance) TORA (Turn) DWEE RO TORA (Turn to the rear) HYUNG (Forms) GUP (Students below black belt) HU BEH (Junior member) TANG SOO DO (Defense/strike with the way of the worthy hand)