

Yong In Martial Arts Academy
Belt Promotion Requirements

WHITE BELT

Korean Terminology (You do not need to know the hangul for the terms)

Numbers 1-10

Hana	1	Yeoseot	6
Dul	2	ilgop	7
Set	3	Yeodeol	8
Net	4	Ahop	9
Daseot	5	Yeol	10

Commands | Blocks | Strikes

Action	Korean	Hangul 한글	English
Command	Charyeot	차렷	Attention
Command	Junbi	기본준비	Ready Stance
Command	Gyeong-nye	경례	Bow
Block	Arae Makgi	아래 막기	Low Block
Block	Momtong Makgi	몸통막기	Middle Block
Block	Ulgul Makgi	올려막기	High Block
Strike	Momtong Jireugi	몸통지르기	Middle Section Punch
Stance	Ap Kubi	앞굽이	Forward Stance
Stance	Juchum Seogi	주춤서기	Horse Stance

Eight Count No. 1

In Horse Stance
 Left Hand Low Block
 Right Hand Low Block
 Left Hand Middle Block
 Right Hand Middle Block
 Left Hand High Block
 Right Hand High Block
 Double Middle Punch

Kibon Il Jang (Basic 1st Part)

All Techniques In Forward Stance - Front Knee Bent, Back Leg Straight

#	Technique	#	Technique	<p align="center">KIHAP (기합)</p> <p>Kihap is a Korean word that means to yell or shout. Kihaps should be short and loud. The kihap should come from the diaphragm, not from the throat.</p>
1	Low Block (To Left)	9	Low Block (270° Turn To Left)	
2	Middle Section Punch	10	Middle Section Punch	
3	Low Block (To Right)	11	Low Block (To Right)	
4	Middle Section Punch	12	Middle Section Punch	
5	Low Block (To Front)	13	Low Block (To Back)	
6	Middle Section Punch	14	Middle Section Punch	
7	Middle Section Punch	15	Middle Section Punch	
8	Middle Section Punch KIHAP	16	Middle Section Punch KIHAP	