

Yong In Martial Arts Academy
Belt Promotion Requirements

GREEN BELT

Eight Count No. 4

- Left Leg Back (Back Stance)
- Right Low Block
- Single Punch (Forward Stance)
- Right Leg Back (Back Stance)
- Left Low Block
- Single Punch (Forward Stance)
- Left Leg Back (Back Stance)
- Right Outer Block
- Single Punch (Forward Stance)
- Right Leg Back (Back Stance)
- Left Outer Block
- Single Punch (Forward Stance)
- Left Leg Back (Back Stance)
- Right Knife Hand Block
- Single Punch (Forward Stance)
- Right Leg Back (Back Stance)
- Left Knife Hand Block
- Single Punch (Forward Stance)
- Left Leg Back (Back Stance)
- Double Knife Hand Block
- Single Punch (Forward Stance)
- Right Leg Back (Back Stance)
- Double Knife Hand Block
- Single Punch (Forward Stance)

KIHAP

Terminology

You do not have to know how to write the hangul.

Action	Korean	Hangul 한글	English
Stance	Dwi Kubi	뒷굽이	Back Stance
Stance	Ap Sogi	앞서기	Walking Stance
Kick	Dwi Chagi	뒤차기	Back Kick
Block	Yang Sonnal Makgi	손날 거들어 막기	Double Knife Hand Block

Taegeuk (태극) is a set of forms (8 parts) designed to teach taekwondo strikes and blocks for use against multiple attackers in a specific pattern. The Taegeuks help build strength, speed, sharpness, and control (body, eye, mind, and breath). Taegeuk is also the red and blue circle on the Korean Flag, Taegeukgi (태극기). Where red (on top) represents positive and blue (on bottom) represents negative.

Taegeuk IL Jang (1st Part of Taegeuk)

All Techniques To Sides In Walking Stance (both legs straight) All Techniques To Front In Forward Stance

#	Technique	#	Technique	#	Technique
1	Low Block (To Left)	7	Reverse Middle Punch	13	Right Middle Punch
2	Right Middle Punch	8	Right Reverse Inner Block (To Left)	14	Right High Block (To Right)
3	Low Block (To Right)	9	Reverse Middle Punch	15	Front Kick
4	Left Middle Punch	10	Low Block Middle Punch (To Front)	16	Left Middle Punch
5	Low Block Middle Punch (To Front)	11	Left High Block (To Left)	16	Left Low Block (To Back)
6	Left Reverse Inner Block (To Right)	12	Front Kick	17	Middle Section Punch (KIHAP)