



VICTORY TAEKWONDO

Honoring CHRIST with Excellence

Raleigh, NC



Dear Student,

Welcome to Victory Taekwondo!

We are glad you and your family have chosen to participate in this exciting ministry. We desire to provide you with a Christ honoring Taekwondo experience that you will find beneficial physically, socially, and spiritually. We endeavor to honor Christ with Excellence in all we do.

The following packet contains information that will acquaint you with the mission, logistics, and operation of Victory Taekwondo.

If you have further questions, please feel free to contact us at the email address or phone number listed below.

Once again, welcome. We look forward to working with you in the months and years to come!

Sincerely,

Senior Master William Cromwell, MD

Master Jamie Cromwell

Masters William and Jamie Cromwell
VictoryTKDinfo@gmail.com
919-426-8818 (text or call)



History of Victory Taekwondo, Raleigh NC

Master Jamie and I began our Taekwondo journey at the Taekwondo School of Excellence in Lake Wales, Florida, on July 18, 1996. At that time, we were looking for a physical activity that our entire family could do together. One of my patients had recently opened a Taekwondo school and suggested we consider enrolling. She described how her school was part of a national organization, the US Chung Do Kwan Association (USCDKA), that used Taekwondo to evangelize and promote the gospel of Jesus Christ.

Shortly after beginning our training, Grandmaster Edward B. Sell, the leader of the USCDKA, visited our school. Grandmaster Sell described his Taekwondo journey, his commitment to honoring the teachings of his instructor, Grandmaster Hae Man Park, and his experience using Taekwondo to glorify God and present the gospel.

As we progressed through the ranks, we witnessed lives being changed, souls being saved through faith in our Lord Jesus Christ, and personal commitment being strengthened to live a Christ-honoring life through the use of Taekwondo as a Christian ministry.

In November 1999, Master Jamie and I, along with our two oldest children, earned our first-degree Black Belts. The following month our family moved to Raleigh and joined Open Door Baptist Church. After a lot of prayers and with the support of our instructors at the Taekwondo School of Excellence in Lake Wales, we approached the elders with the prospect of starting a Taekwondo ministry at Open Door. After many conversations and performing a Taekwondo demonstration during a Sunday evening service, the leadership agreed to support a Taekwondo ministry.

We officially launched Open Door Taekwondo in a two-car garage on the church grounds with 12 students on October 1, 2000. Little did we know how God would bless this ministry and provide opportunities to share the gospel.

As a ministry of Open Door for over twenty years, our Taekwondo school has presented the gospel in hundreds of Taekwondo demonstrations, over two decades worth of week-long summer Taekwondo camps in North Carolina, Texas, Florida, and Pennsylvania, and led over a dozen Taekwondo mission trips in the US and Mexico.



In 2008, we joined Victory Chung Do Kwan Association (VTCDKA), led by Grandmaster Manny Sosa. We made this move to align our curriculum with the world governing body of Taekwondo, the Kukkiwon, and maintain our focus on honoring Christ with excellence.

Due to the COVID pandemic, our program shut down from March 2020 to March 2021. In January 2022, we moved our ministry to Imago Dei Church and changed our name to Victory Taekwondo, Raleigh, NC.

During our two decades as a ministry, over 150 people have earned black belts. Several people have continued to serve and train, reaching the master level.

2023 Active Victory Masters

Sr. Master Cromwell	William Cromwell – 6th degree black belt
Master Jamie	Jamie Cromwell – 5th degree black belt
Master Chuchta	Linda Chuchta – 5th degree black belt
Master Jones	Jeff Jones – 4 th degree black belt
Master Huffman	Dan Huffman – 4th degree black belt
Master Cindy	Cindy Huffman – 4th degree black belt
Master Emily	Emily Chuchta – 4th degree black belt
Master Nate	Nate Cromwell – 4th degree black belt

These masters and our black belts serve Victory Taekwondo as committed volunteer instructors, allowing us to keep our costs low and operate as a non-profit organization.

Victory Taekwondo is truly a family with a heart for service. Everyone is encouraged to use their time and giftedness to serve. Throughout the year, numerous events depend on the servant heartedness of each of you. Through serving together, we create a bond that goes beyond Taekwondo as a sport. We hope everyone will look for ways to help.



General Information and Orientation

Classes

All students attend a two-hour class every Tuesday from 5-7pm. Sparring Class for 8th gup (yellow) and up students follows from 7-8 pm. Additional classes are available on Tuesdays for specific help with Taekwondo techniques and poomsae during the 7 o'clock hour. These are available for all students.

Taekwondo is a year-round activity. This may sound unusual compared to activities that have defined "seasons" for participation. That's because Taekwondo provides students with the opportunity to embrace both short term and long-term goals. We want ALL students to understand that a Black Belt Is A White Belt That Never Quit. With commitment, EVERYONE can reach this goal. This is true for those young and not so young, athletic and not so athletic. There is great value in committing yourself to a task that may seem overwhelming, but which you overcome through patience and perseverance. Also, there is great reward to completing these goals as a family.

With this in mind we invite you to begin a rewarding journey that can last a lifetime.

Day	Time	Students	Location
Tuesday	5:00 - 6:00 PM	All Belts and Mighty Kids	Imago Dei Church 9200 Strickland Rd Raleigh, NC 27615
	6:00 - 7:00 PM		
	7:10 - 8:00 PM	Forms Class Technique Class Sparring Class	
	8:00 – 9:00 PM	Upper Ranks & Black Belts	



Attendance

Students are encouraged to attend class every week. Students are welcome to attend all classes offered for their age and rank. Once you earn your Yellow Belt, you will need to attend at least two sparring classes per month.

Please be sure to sign in on the attendance sheet each time you attend, entering how many hours you attended class. The attendance sheet is on a table in the hallway.

Tuition

Monthly tuition is \$35 for individuals and \$45 for families and is due the first Tuesday of each month. The check should be written to Victory Taekwondo. In order to maintain proper bookkeeping, please write **tuition and the month** on the memo line. If paying in cash, please place the money in an envelope, write your full name, the month, and what the money is for on the outside of the envelope. If you are writing a check for a student with a different name, put the student's name on the memo line. The checks or envelopes should be placed in the plastic tuition folder the first Tuesday of each month.

If you would like to use Bill Pay through your checking account, indicate Victory TKD as the payee. Put your last name as the account number. If you are required to enter a phone number, use (919) 291-4123. The mailing address is 195 Williamston Ridge Dr., Youngsville, NC 27596.

Tuition is expected every month whether you attend classes that month or not. If you need to take an extended break (3 months or more), we can pause your account but you must send an email to: VictoryTKDinfo@gmail.com If you wish to withdraw from the school, we also ask that you send an email.

Practicing at Home

Students should spend time practicing their taekwondo skills at home. Our school only has the opportunity to meet one night a week, whereas most commercial schools meet multiple times a week. Because of our limited time together, please consider Tuesday nights as learning opportunities, and create time at home to practice what you are learning. For students who are practicing poomsae at home, we suggest the following videos.

<https://www.youtube.com/watch?v=T0kROxO6r08&list=PLo7UUKTtT05rOMsGEqwSIKCMarZKpIpgL>



Preparing for Class

Students need to adhere to the following policies:

1. Upon arrival, students should place shoes, socks, gear bags, and personal effects in designated areas.
2. Uniforms – for females, a shirt must be worn underneath the top. This shirt should be white or the color of your belt.
3. Belts – Tying belts takes practice. Please ask for assistance until you master the art. Also, please tie belts tightly (especially for Mighty Kids)
4. Shoulder length or longer hair should be pulled back.
5. Fingernails and toenails should be clean and trimmed.
6. Other than a flat wedding band, no jewelry should be worn in class.

Uniform

After students have attended the first two weeks of classes and have decided to continue in Taekwondo, we will order uniforms. Student uniforms are sized mainly by height. Sometimes students require different size tops and pants. Once we order the uniforms, they are usually available in about two weeks.

Student uniforms cost \$30. Payment must be received at the time you receive your uniform. Student and black belt uniforms must be purchased as a set (top and bottom). Students who may already have pants from camp will find these valuable as backups. The uniform top and bottom can be different sizes, but it must be purchased as a set. The checks should be written to Victory TKD with "**Uniform**" written on the memo line. This check should be given to the TKD representative when you receive the uniform.

Uniforms are usually ordered in bulk three times a year when we start new students (September, January, and May). If you need a new size or a new uniform, please order during these months.

Patches for the uniform are required after testing for 8th gup yellow belt. Each student will need a flag patch and a Victory Chung Do Kwan patch. After joining VTCKDA (more on this under the national organization section), students will receive a patch. Flag patches are purchased separately.



Sparring Gear

Once a student earns a solid yellow belt, they will begin sparring. Gear may be purchased through our school or through other sources. Students will be given an information sheet concerning sparring and sparring gear when they are awarded their 8th gup Yellow Belt.

Communication

We communicate canceled classes, testing changes, events, etc., through the Victory-TKD-Raleigh Google Group.

To sign up for the group, please follow the instructions below.

- 1) Go to the link <http://groups.google.com/group/victory-tkd-raleigh>
- 2) Click on "Sign in and apply for membership."
- 3) Sign in if you have an account with Google or create a google account (you can use an email address other than "@gmail.com" and create a google account with that email address)
- 4) After signing in or creating the account, you will "apply for membership," which sends an email to the owner.
- 5) Once the owner has processed the request to join the group, you will receive an email confirming your membership.

National Organization Membership

VTCDKA: When testing for 8th gup (approximately six months after beginning Taekwondo), all students are required to join the Victory Taekwondo Chung Do Kwon Association. This is our national organization that provides our credentials. The annual cost is \$35 per person per year or \$92 for a family per year. If you join during the year, the amount is prorated.

The application is in the back of your yellow folder. EACH student should complete an application. All applications from a family unit should be paper clipped together along with a check made payable to Victory TKD (please write VTCDKA in the memo line). Membership is renewed annually in January (dues are collected in November and December). After joining VTCDKA, students will receive a patch. They will also receive certificates when they test and their credentials will be filed at the national organization.



Yearly Activities

All students are encouraged to participate in these opportunities.

Summer Taekwondo Camp – Imago Dei

Students 4-12 are invited to attend. Everyone else is encouraged to assist. It has been a favorite of everyone for more than 20 years. Put it on your calendar as soon as the dates are announced!!

Journey to Bethlehem (JTB) – Imago Dei

Students 4-11 are invited to attend. Everyone else is encouraged to assist, act, and/or build. Please put it on your calendar as soon as the date is announced!!

JTB is an interactive Christmas single day event that allows children to experience the real meaning of Christmas by joining the Journey to Bethlehem. After dressing in Biblical cloaks, participants join caravans headed to Bethlehem. Here they interact with Mary and Joseph on the road from Nazareth, Shepherds in a field under a starry sky, Wise Men planning their trip, and Simeon and Anna expectantly waiting at the Temple in Jerusalem. All these characters then come together to present an exciting drama full of truth and awe.

Mission Trips – Different Locations

For many years we have had the opportunity to take our TKD Summer Camp on the road to another location. We have been to Del Rio, Texas (8 years), Acuna, Mexico, Kissimmee, Florida (1 year), and Harrisburg, Pennsylvania (3 years)

Taekwondo Evangelistic Demonstrations

Over the years, we have presented TKD demonstrations at schools, camps, churches, festivals, AWANA, prisons, parks, and apartment complexes, using these unique opportunities to share the gospel. If you know of an opportunity, please discuss it with Master Jamie.

Taekwondo Seminars

We host one to two seminars for all students each year, led by visiting masters and grandmasters. Attendance is a requirement for black belt testing.

Taekwondo Christmas Party



Mighty Kids

Mighty Kids is our Taekwondo program specifically created for children ages 4 to 7. The program encourages each child's physical and social development through a detailed curriculum with the purpose of preparation for Traditional Taekwondo classes at Victory TKD. Classes are separate from traditional Taekwondo. Mighty Kids have their own separate belt system. Their testing requirements are specific to Mighty Kids. Their belts are white with different colored stripes for each step. Mighty Kids will be setting goals and working toward them like their families are in traditional Taekwondo classes.

One of the most important aspects of Mighty Kids training is their motto.

I WILL BE RESPECTFUL.

I WILL BE A GOOD LISTENER.

I WILL BE KIND AND HELPFUL.

I WILL DO MY VERY BEST.

Parents should encourage their children in these areas. Please use similar words and phrases at home. Also practice Taekwondo skills with your children. Mighty Kids learn the same techniques as Traditional Taekwondo White Belt Students. Mighty Kid classes are taught at 5 and 6 o'clock on Tuesdays. Your child may attend one or both hours.

MK Ranks & Belts

MK9 White with Yellow Stripe

MK5 White with Blue Stripe

MK8 Half Yellow/Half White

MK4 White with Purple Stripe

MK7 White with Orange Stripe

MK3 White with Red Stripe

MK6 White with Green Stripe

MK2 White with Brown Stripe

MK Progression:

When a MK consistently exhibits the traits outlined in the motto during class, and their skills are judged to be ready to begin transitioning to Traditional class, they will be invited to join a new traditional student class. Please note that this does not occur at a designated MK belt level (because each child is different) but is subject to the MK instructors' judgment and testing performance. MKs must be invited to attend traditional classes. Once they begin Traditional White belt class, they will become eligible to test for yellow with a white stripe belt (9th gup) which begins their progress through the traditional belt ranks.



White Belt Techniques

Stances

Attention and Bow – Stand with both feet together, hands open with fingers together at the sides of the body. Bow at the waist while looking at the floor. Do not move your hands during the bow.

Ready Position – Move the left foot one-foot distance (the size of your foot) away from your right foot. Blades of feet should be parallel to each other, toes facing forward. Feet should not be outside shoulder width. When your feet are set, move hands toward each other (palms facing each other), then lift the palms to solar plexus level. Close hands into fists and move them down to finish in front of the belt (two fists away from your body). There should be one fist distance between your fists. Inhale as the hands move up (3 counts), exhale as the hands move down (2 counts).

Forward Stance – Step forward with approximately a two and a half foot span (size of your foot) distance between the heel of the front foot and the big toe of the back foot. When stepping, land with the ball of the foot as you establish the stance. The parallel distance between the feet, measured from the inside edge of the big toes, is a one-foot span. The front foot points forward, and the angle of the back foot (heel flat on the floor) is approximately 30 degrees. Bend the front knee so you cannot see your toes while keeping the back knee straight. Place 2/3 of your weight on the front foot. Keep back straight and look forward.

Preparatory Position (Front Up and Front Snap Kick) – Begin by bringing both fists up, fingers facing your body, and cross the fists to the opposite shoulder. As you step into a forward stance, bring both hands down simultaneously as a double low block. Ideally, the hands and foot will land together. Position the hands two fists outside and two fists in front of your hips, fingers at a 45-degree angle.

Straddle (Horse Riding) Stance – Place feet approximately a two foot span distance apart with the blades of the feet parallel to each other. Bend the knees without positioning the knees vertically ahead of the toes. Keep back straight, shoulders over your hips, and look forward.

Fighting Stance – Place one foot in front and turn the shoulders and hips to face 45 degrees away from the striking (center) line. In this position, the stance should be balanced and comfortable. Bring hands up as fists with elbows one fist away from the ribs.



Blocks

Low Block – Beginning in your ready position, turn your shoulders slightly to lift your blocking fist in front of the opposite shoulder with the fingers of the fist facing the face. You should be able to tap the front/upper part of the shoulder with your fist. The elbow of the blocking hand is neither lifted nor touching the body. The non-blocking hand should not move from your ready position. In this position, the hip and shoulder of the blocking arm rotate forward. Turn your body back and move the blocking fist down from the shoulder to finish directly above the thigh, fingers facing down while rotating the hip and shoulder. Simultaneously move the non-blocking fist to the waist with the fingers facing upward. At the control point, the blocking hand is a distance of two vertical fists above the thigh. Rotate both hands to their final position in the last 4 - 6 inches of the technique.

High Block – From your ready position, turn your shoulders slightly and move the blocking fist positioned across your body to be approximately one fist below the opposite elbow in front of the opposite hip, with the fingers of the fist facing slightly upward. The non-blocking fist is positioned forward at the level of the chest with fingers facing out. In this position, the hip and shoulder of the blocking arm rotate forward. Turn your shoulders back and move the blocking wrist up and out to finish with the wrist on the striking line. Rotate the hip and shoulder as you execute the block. Simultaneously move the non-blocking fist to the waist with the fingers facing upward. At the control point, the fingers of the fist face outward with the blocking wrist positioned vertically one fist distance in front of the forehead. Rotate both hands to their final position in the last 4 - 6 inches of the technique.

Middle Block – From your ready position, turn your body slightly and lift the blocking hand vertically above the elbow between shoulder and ear height. The non-blocking fist drifts forward as you turn and raise the blocking hand. In this position, the hip and shoulder of the blocking arm rotate backward. Turn your shoulders back and move the blocking wrist in an inward direction to finish with the outer edge of the wrist (below the little finger) in the center of the body. During the block, the elbow of the blocking arm remains parallel to the floor. Simultaneously move the non-blocking fist to the waist with the fingers facing upward. At the control point, the fingers of the fist face the body with the blocking fist positioned vertically at shoulder level. The blocking elbow is positioned one fist away from the ribs and should be bent 90 - 120 degrees. Rotate both hands to their final position in the last 4 - 6 inches of the technique



Striking Techniques

Middle Punch – Begin with the striking fist at the waist with fingers facing up. Turn your shoulder slightly to initiate the movement of the striking fist forward in a straight line to the center of the body stopping at the solar plexus (soft area below the sternum). Strike with the second knuckle on the striking line making contact with the first and second knuckles. Note the elbow stays close to the body as the striking hand extends forward. The striking fist turns just before impact striking with the first and second knuckle. As the punching fist moves out, pull the non-punching fist to the belt with the fingers of the non-punching hand facing upward.

High Punch - Using the same motion as above, focus the strike just below the nose.

Low Punch - Using the same motion described above, focus the strike at the belt.

Kicking Techniques

Front Up – Begin in preparatory position for front up. Turn the hip of the lifting leg forward as you swing the rear leg up with the foot in a front snap kick position. Turn on the ball of the standing foot to move the hip forward while you lift the leg. The knee should stay straight as the leg is lifted. As the leg is lifted, bring both fists up, fingers facing your body, and cross the fists to the opposite shoulder. After completing the leg lift, bring both hands down simultaneously as a double low block while you replace your leg in the preparatory position. When the double low block is complete, the hands are two fists outside and two fists in front of your hips fingers at a 45 degree angle. Ideally, the hands and foot will land together.

Front Snap Kick – Begin in preparatory position. Turn the kicking hip forward and lift the knee of the kicking leg up while bringing both fists up, facing each other, to the center of the body (chamber). The knee and hip should be on the striking line in this position. As the knee elevates, the foot is positioned so that the toes are curled back, and the ball of the foot is pointed away from the body. Kick by quickly extending the foot away from the body making contact with the ball of the foot (lock-out). After full extension keep the knee in place and return the foot to the starting position of the kick (re-chamber). As you re-chamber cross the fists to the opposite shoulder. As you bring your kicking foot down to the floor, bring both hands down simultaneously as a double low block. When the double low block is complete the hands two fists outside and two fists in front of your hips fingers at a 45 degree angle. Ideally, the hands and foot will land together.



One Step Sparring

Set 1 – Begin in ready position. Opening the blocking fist and make a firm, flat hand. With the palm facing your body, turn your body slightly and move the blocking across your body in front of your opposite elbow. Lift the blocking hand to be level with your non-blocking shoulder level. Turn your body back and move the hand across the body to stop in front of the blocking shoulder. As your blocking hand passes the midline the hand quickly rotates so the hand is facing out to block with the outside edge of the blocking hand.

After blocking, step with the right foot into a straddle stance at a 45-degree angle to your opponent.

Strike with a right hand high punch. When punching pull the blocking hand back to the waist.

Set 2 – Same block as Set 1. Strike with a knife hand strike to the neck.

Set 3 – Same block as Set 1. Strike with a palm strike to the nose.

Set 4 – Same block as Set 1. Strike with an elbow strike to the jaw. Stop with the point of the elbow on the striking line with the fist of the striking arm pointed toward the opposite shoulder, fingers facing down.

Set 5 – Same block as Set 1. Strike with a horizontal spear hand strike to the throat.



Victory Testing Information

Testing for a New Rank

Each belt testing has a variety of requirements that include Taekwondo techniques, an essay, Church/Community Service, Intent to Promote Form, and Scripture memory verses. The belt requirement charts are available in this folder (any updated requirements or requirement changes will be on the website VictoryTKD.net.)

New Students begin with the rank of 10th Gup White Belt. The first new rank they will test for is 9th Gup White with a Yellow Stripe. The requirements for this rank is in this folder, along with the other ranks which lead to black belt. The Mighty Kid Belt System and Rank requirements are different and unique. These will be distributed separately.

Taekwondo Students should closely examine the requirement chart for their next rank. The new skills required for each belt are highlighted. Students are responsible for all the previous requirements listed as well as the new skills. Note there is a minimum time requirement at each rank. More importantly, students must exhibit the technical skills required for the next rank in order to test. Black belt instructors will examine these techniques ahead of actual testing and give students permission to test.

Each belt has a Bible Verse requirement. Give yourself plenty of time to learn your new verse(s). These are cumulative. For each new belt rank, you must also recite your previous verses. The list of verses is included at the end of the yellow folder.

An additional requirement for every new rank is Church/Community Service. As part of testing for a new rank, students must submit a Community Service Record Sheet. Two hours of community service are required to test for each belt. For children, these hours may include helping at home. School age students must also complete an Intention to Promote form. This must be signed by a parent and a teacher. For homeschoolers, parents may complete both parts.

Master copies of the Church/Community Service form and the Intent to Promote form are included in the back pocket of this folder.



Essay

Testing for 8th gup Yellow Belt and higher also requires a 150 word essay. The topic for the essay is listed with the rank requirement. Students must bring the essay with them to testing and submit it with the rest of their paperwork.

Testing Fee

To be eligible for testing, a student must be current on all fees. If your tuition or other fees are behind, the fees must be paid by the Tuesday before your testing date. The cost for testing will be **\$20 per person**. The check should be written to Victory TKD with **Testing** on the memo line. If possible, include the names of the people testing or the family's last name. This check must be received on the day of testing.

Bring to Testing

- Uniform and Belt (clean and neat)
- Community Service Form
- Intention to Promote Form (if required)
- Essay (if required)
- Memorized Required Verses (these are cumulative)
- Testing Fee - \$20 per student



Traditional Belt / Rank System and Requirements

Victory Taekwondo recognizes the student and black belt rank system outlined below. Students must attend an average of two hours of class per week and be approved for testing by the instructor. School age children must submit an "Intention to Promote" form completed by the students' parent and teacher prior to testing. Performance of all techniques required for the rank, recitation of assigned scripture and completion of essays will be needed to successfully complete testing. Note that for each rank a minimum time in grade is required. Many students will require more than the minimum time in grade to be ready for testing.

Student Belt Ranks

Rank	Belt Color	Minimum Time in Grade
9 th Gup	Yellow Belt White Stripe	3 Months and 20 hours of class at New Student
8 th Gup	Yellow Belt	3 Months and 24 hours of class at 9 th Gup
7 th Gup	Orange Belt	3 Months and 24 hours of class at 8 th Gup
6 th Gup	Green Belt	3 Months and 24 hours of class at 7 th Gup
5 th Gup	Blue Belt	4 Months and 32 hours of class at 6 th Gup
4 th Gup	Purple Belt	4 Months and 24 hours of class at 5 th Gup
3 rd Gup	Red Belt	4 Months and 32 hours of class at 4 th Gup
2 nd Gup	Brown Belt	5 Months and 40 hours of class at 3 rd Gup
1 st Gup	½ Brown ½ Black Belt	6 Months and 48 hours of class at 2 nd Gup

Black Belt Ranks

Rank	Minimum Time in Grade
1 st Dan	3-9 Months 1 st Gup
2 nd Dan	24 Months at 1 st Dan
3 rd Dan	36 Months at 2 nd Dan
4 th Dan	48 Months at 3 rd Dan

Testing for 8th Gup Yellow Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up		1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap		1-5 Left	
	High Block	Round		11-15 Right	
	Outside Block	Crescent		11-15 Left	
		Reverse Crescent			
		Side Up			
		Cross Over Side			
	<u>STRIKES</u>				
	Low Punch				
	Middle Punch				<u>POOMSAE</u>
<u>STANCES</u>	High Punch				Il Jang
Attention	Knife Hand				
Ready				<u>SPARRING</u>	
Forward					
Straddle					
Fighting					
Walking		Essay: What do you enjoy about Taekwondo so far? (150 words)			
Back					
Community Service - 2 hours, Intention to Promote (students), Victory Membership					Mar-21

Testing for 7th Gup Orange Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up		1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap		1-5 Left	Keibon 1
Romans 6:23	High Block	Round		11-15 Right	
	Outside Block	Crescent		11-15 Left	
	Hansomnal Makki	Reverse Crescent		6-10 Right	
	Somnal Makki	Side Up		6-10 Left	
		Cross Over Side		10 Advanced	
	<u>STRIKES</u>	Pivot Slap Round			
	Low Punch	Pivot Side			
	Middle Punch	Cross Behind Hook			<u>POOMSAE</u>
<u>STANCES</u>	High Punch	Pivot Hook			Il Jang
Attention	Knife Hand	Axe			Ee Jang
Ready	Low Block Reverse	Reverse Axe		<u>SPARRING</u>	
Forward	Punch Combo			1 - 2 min Controlled	
Straddle					
Fighting					
Walking		Essay: Why is it important for you to learn taekwondo? (150 words)			
Back					
Community Service - 2 hours, Intention to Promote (students), Victory Membership					Mar-21

Testing for 6th Gup Green Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up	All Jump Kicks	1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap	Double Round	1-5 Left	Keibon 1
Romans 6:23	High Block	Round	Spin Side	11-15 Right	Keibon 2
Romans 10:9	Outside Block	Crescent	Spin Hook	11-15 Left	
	Hansomnal Makki	Reverse Crescent		6-10 Right	
	Somnal Makki	Side Up		6-10 Left	
		Cross Over Side		16-20 Right	
	<u>STRIKES</u>	Pivot Slap Round		16-20 Left	
	Low Punch	Pivot Side		15 Advanced	
	Middle Punch	Cross Behind Hook			<u>POOMSAE</u>
<u>STANCES</u>	High Punch	Pivot Hook			Il Jang
Attention	Knife Hand	Axe			Ee Jang
Ready	Low Block Reverse	Reverse Axe		<u>SPARRING</u>	Som Jang
Forward	Punch Combo			2 - 2 min Controlled	
Straddle	Middle Block Reverse				
Fighting	Punch Combo				
Walking		Essay: Name and explain a strength and weakness you have in TKD? (150 words)			
Back					
Community Service - 2 hours, Intention to Promote (students), Victory Membership					Mar-21

Testing for 5th Gup Blue Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up	All Jump Kicks	1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap	Double Round	1-5 Left	Keibon 1
Romans 6:23	High Block	Round	All Spin	11-15 Right	Keibon 2
Romans 10:9	Outside Block	Crescent	All Shuffle	11-15 Left	Keibon 3
1 John 5:13	Hansomnal Makki	Reverse Crescent		6-10 Right	
	Somnal Makki	Side Up		6-10 Left	
		Cross Over Side		16-20 Right	
	<u>STRIKES</u>	Pivot Slap Round		16-20 Left	
	Low Punch	Pivot Side		25 Advanced	
	Middle Punch	Cross Behind Hook			<u>POOMSAE</u>
<u>STANCES</u>	High Punch	Pivot Hook			Il Jang
Attention	Knife Hand	Axe			Ee Jang
Ready	Low Block Reverse	Reverse Axe		<u>SPARRING</u>	Som Jang
Forward	Punch Combo			2 - 2 min Controlled	Sa Jang
Straddle	Middle Block Reverse				
Fighting	Punch Combo				
Walking		Essay: What keeps you motivated in you TKD journey? (150 words)			
Back					
Community Service - 2 hours, Intention to Promote (students), Victory Membership					Mar-21

Testing for 4th Gup Purple Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up	All Jump Kicks	1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap	Double Round	1-5 Left	Keibon 1
Romans 6:23	High Block	Round	All Spin	11-15 Right	Keibon 2
Romans 10:9	Outside Block	Crescent	All Shuffle	11-15 Left	Keibon 3
1 John 5:13	Hansomnal Makki	Reverse Crescent	All Pivot Shuffle	6-10 Right	Keibon 4
Ephesians 2:8-9	Somnal Makki	Side Up	Hook/Slap Round	6-10 Left	
		Cross Over Side		16-20 Right	
	<u>STRIKES</u>	Pivot Slap Round		16-20 Left	
	Low Punch	Pivot Side		30 Advanced	
	Middle Punch	Cross Behind Hook			<u>POOMSAE</u>
<u>STANCES</u>	High Punch	Pivot Hook			Il Jang
Attention	Knife Hand	Axe			Ee Jang
Ready	Low Block Reverse	Reverse Axe		<u>SPARRING</u>	Som Jang
Forward	Punch Combo			2 - 2 min Controlled	Sa Jang
Straddle	Middle Block Reverse			1 - WTF	Oh Jang
Fighting	Punch Combo				
Walking		Essay:What benefits have you received from Taekwondo? (150 words)			
Back					
Community Service - 2 hours, Intention to Promote (students), Victory Membership					Mar-21

Testing for 3rd Gup Red Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up	All Jump Kicks	1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap	Double Round	1-5 Left	Keibon 1
Romans 6:23	High Block	Round	All Spin	11-15 Right	Keibon 2
Romans 10:9	Outside Block	Crescent	All Shuffle	11-15 Left	Keibon 3
1 John 5:13	Hansomnal Makki	Reverse Crescent	All Pivot Shuffle	6-10 Right	Keibon 4
Ephesians 2:8-9	Somnal Makki	Side Up	Hook/Slap Round	6-10 Left	Keibon 5
Romans 1:16		Cross Over Side	All Spin Shuffle	16-20 Right	
	<u>STRIKES</u>	Pivot Slap Round	Tornado Round	16-20 Left	
	Low Punch	Pivot Side	Tornado Rev Crescent	40 Advanced	
	Middle Punch	Cross Behind Hook	Double Side	Take Downs (3)	<u>POOMSAE</u>
<u>STANCES</u>	High Punch	Pivot Hook			Il Jang
Attention	Knife Hand	Axe			Ee Jang
Ready	Low Block Reverse	Reverse Axe		<u>SPARRING</u>	Som Jang
Forward	Punch Combo			2 - 2 min Controlled	Sa Jang
Straddle	Middle Block Reverse			1 - WTF	Oh Jang
Fighting	Punch Combo				Yuk Jang
Walking	Block/Strike Combo	Essay: What have you given back to your tkd school? (150 words)			
Back					

Community Service - 2 hours, Intention to Promote (students), Victory Membership

Mar-21

Testing for 2nd Gup Brown Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up	All Jump Kicks	1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap	Double Round	1-5 Left	Keibon 1
Romans 6:23	High Block	Round	All Spin	11-15 Right	Keibon 2
Romans 10:9	Outside Block	Crescent	All Shuffle	11-15 Left	Keibon 3
1 John 5:13	Hansomnal Makki	Reverse Crescent	All Pivot Shuffle	6-10 Right	Keibon 4
Ephesians 2:8-9	Somnal Makki	Side Up	Hook/Slap Round	6-10 Left	Keibon 5
Romans 1:16		Cross Over Side	All Spin Shuffle	16-20 Right	Keibon 6
Acts 4:12	<u>STRIKES</u>	Pivot Slap Round	Tornado Round	16-20 Left	
	Low Punch	Pivot Side	Tornado Rev Crescent	50 Advanced	
	Middle Punch	Cross Behind Hook	Double Side	Take Downs (6)	<u>POOMSAE</u>
<u>STANCES</u>	High Punch	Pivot Hook	All Jump Pivot		Il Jang
Attention/Ready	Knife Hand	Axe	360 Hook		Ee Jang
Forward	Low Block Reverse	Reverse Axe		<u>SPARRING</u>	Som Jang
Straddle	Punch Combo			2 - 2 min Controlled	Sa Jang
Fighting	Middle Block Reverse			1 - Adv Technical	Oh Jang
Walking	Punch Combo				Yuk Jang
Back	Block/Strike Combo	Essay: How do you generate power? (150 words)			Chil Jang
Tiger					
Community Service - 2 hours, Intention to Promote (students), Victory Membership					Mar-21

Testing for 1st Gup Brown/Black Belt					
<u>VERSES</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>ADV KICKS</u>	<u>ONE STEPS</u>	<u>KEIBONS</u>
John 3:16-17	Low Block	Front Up	All Jump Kicks	1-5 Right	Star Set
Acts 16:31	Middle Block	Front Snap	Double Round	1-5 Left	Keibon 1
Romans 6:23	High Block	Round	All Spin	11-15 Right	Keibon 2
Romans 10:9	Outside Block	Crescent	All Shuffle	11-15 Left	Keibon 3
1 John 5:13	Hansomnal Makki	Reverse Crescent	All Pivot Shuffle	6-10 Right	Keibon 4
Ephesians 2:8-9	Somnal Makki	Side Up	Hook/Slap Round	6-10 Left	Keibon 5
Romans 1:16		Cross Over Side	All Spin Shuffle	16-20 Right	Keibon 6
Acts 4:12	<u>STRIKES</u>	Pivot Slap Round	Tornado Round	16-20 Left	Keibon 7
Mark 16:15-16	Low Punch	Pivot Side	Tornado Rev Crescent	Unlimited Advanced	
	Middle Punch	Cross Behind Hook	Double Side	Take Downs (10)	<u>POOMSAE</u>
<u>STANCES</u>	High Punch	Pivot Hook	All Jump Pivot		Il Jang
Attention/Ready	Knife Hand	Axe	360 Hook		Ee Jang
Forward	Low Block Reverse	Reverse Axe	All Jump Spin	<u>SPARRING</u>	Som Jang
Straddle	Punch Combo		Jump Double Front	2 - 2 min Controlled	Sa Jang
Fighting	Middle Block Reverse		Combo Kicks	1 - Two-on-one	Oh Jang
Walking	Punch Combo				Yuk Jang
Back	Block/Strike Combo	Essay: How are you training to become a black belt? (150 words)			Chil Jang
Tiger					Pal Jang
Community Service - 2 hours, Intention to Promote (students), Victory Membership					Mar-21

Required Scripture Verses For Testing

New King James Version (NKJV)

1. **John 3:16**
Required for White Belt
For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.
2. **John 3:17**
Required for White Belt Yellow Stripe
For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.
3. **Acts 16:31**
Required for Yellow Belt
So they said, "Believe on the Lord Jesus Christ, and you will be saved, you and your household."
4. **Romans 6:23**
Required for Orange Belt
For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.
5. **Romans 10:9**
Required for Green Belt
that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.
6. **1 John 5:13**
Required for Blue Belt
These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God.
7. **Ephesians 2:8-9**
Required for Purple Belt
For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.
8. **Romans 1:16**
Required for Red Belt
For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.
9. **Acts 4:12**
Required for Brown Belt
Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved."
10. **Mark 16:15-16**
Required for Brown Belt w/Black Stripe
And He said to them, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned.
11. **2 Timothy 2:15**
Required for Black Belt
Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.
12. **1 Corinthians 10:31**
Required for Black Belt
Therefore, whether you eat or drink, or what ever you do, do all to the glory of God.

Church/Community Service

Name: _____ Testing for Rank: _____

Service Activity: _____

Date Performed: _____ Hours Involved: _____

Description: _____

Service Activity: _____

Date Performed: _____ Hours Involved: _____

Description: _____

Service Activity: _____

Date Performed: _____ Hours Involved: _____

Description: _____

Intention to Promote Notification

Student: _____

Testing for the rank of: _____

The purpose of this letter is to request your comments and approval for the student named above to test for the rank indicated. The opportunity to test for a higher rank is a privilege earned by demonstrating both physical aptitude and appropriate conduct in all settings. Please respond to the statements below to indicate your approval for this student to participate in the belt testing indicated above.

To The Teacher

In my opinion this student has demonstrated appropriate conduct, satisfactory effort, and respect for those in authority at school. I endorse his / her test for the rank indicated above. (Please note any additional comments on the back of this form)

Teacher Name (Print)

Teacher Signature

To The Parent

My signature below indicates that this student has demonstrated appropriate conduct at home and has my permission to test for the rank indicated above. (Please note any additional comments on the back of this form)

Parent Name (Print)

Parent Signature

Parent Name (Print)

Parent Signature