



**Gold Belt**  
**(Minimum 30 classes)**

**Form:**           **CH'ON-JI** (19 moves): Means literally the Heaven and the Earth. It is in the Orient interpreted as the creation of the world or the beginning of human history; therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth. (Left Foot Returns)

**Chux Basic 1**

- Combos:**
1. Back Punch, Back Leg Front Kick, Front Backfist
  2. Back Punch, Back Leg Roundhouse Kick, Front Backfist
  3. Back Punch, Back Leg Sidekick, Front Backfist
  4. Front Punch, Back Punch, Back Leg Double Roundhouse Kick, Back Ridgehand

**Sparring:**           Combination Sparring (Must bring gear to test.)

**Physical Conditioning:**       Wide Push-Ups  
Rowing Abdominal Sit-Ups

**Character & Attitude:**           Demonstrate School Spirit and Pride  
Maintain Strong Class Attendance

- Breaking:**
1. Front Kick (Small Children – Heel Stomp) 2. Knee



**Gold Belt / Mighty-Mites**  
(Each test requires minimum of 10 classes)

**1<sup>st</sup> Gold Stripe:** Combinations

Starting position: Chariete. Prepare.

Notes: Kiap on last move of every combo.

Instructor says, 'turn'. Student responds, 'yes sir!'

Practice 2 sets forward then turn and do 2 sets to the back.

1. Back Punch, Back Leg Front Kick, Front Backfist
2. Back Punch, Back Leg Roundhouse Kick, Front Backfist

**2<sup>nd</sup> Gold Stripe:** Combinations

Starting position: Chariete. Prepare.

Notes: Same as above.

3. Back Punch, Back Leg Sidekick, Front Backfist
4. Front Punch, Back Punch, Back Leg Double Roundhouse Kick, Back Ridgehand

**3<sup>rd</sup> Gold Stripe:** First half of form; CH'ON-JI

**4<sup>th</sup> Gold Stripe:** Second half of form; CH'ON-JI

**Gold Belt:** All of the above in addition to:  
Wide Push-ups & Rowing Sit-ups (as many as you can)  
Board Break: Heel Stomp, Knee  
Recite the meaning of form

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