



ORANGE BELT

(Testing Orange to Green)

Physical Requirements:

- 1) KICKS
 - A) Push kick
 - B) Back kick
 - C) Jumping side kick
 - D) Spinning hook kick
 - E) All previous kicks

- 2) HAND TECHNIQUES
 - A) High punch
 - B) All previous hand techniques

- 3) STANCES
 - A) All previous stances

- 4) FORM
 - A) Taegeuk Yi Jang
 - B) All previous forms (Adults Only)

- 5) BOARD BREAKING
 - A) Push kick

- 6) FALLING
 - A) Back fall from a squatting position
 - B) Front fall from knees
 - C) Demonstrate how to stand up if you are knocked down and your opponent is still standing.

- 7) SELF-DEFENSE (ADULTS ONLY)
 - A) Demonstrate the "Rule of Thumb" for straight arm, cross arm, and two hand grabs. The "Rule of Thumb" states that if someone grabs your arm you should make a quick, small circle towards the attacker's thumb.

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Mental Requirements:

- 1) WHAT IS THE MEANING OF THE ORANGE BELT?
 - The orange belt signifies sunset – promise of more opportunities tomorrow. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK YI JANG?
 - The second Taegeuk form – signifies joy. SIR/MA'AM!
- 3) COUNT 11-20 IN KOREAN
 - Eleven – Yul hana
 - Twelve – Yul dule
 - Thirteen – Yul set
 - Fourteen – Yul net
 - Fifteen – Yul dasot
 - Sixteen – Yul yoset
 - Seventeen – Yul il gob
 - Eighteen – Yul yo dul
 - Nineteen – Yul ahop
 - Twenty - Sumul
- 4) WHAT ARE THE COMMANDMENTS OF TAEKWONDO?
 - Respect your parents
 - Respect your brothers and sisters
 - Loyalty to your friends
 - Respect your elders
 - Respect your teachers
 - Finish what you begin
- 5) WHAT ARE THE FOUR PHYSICAL COMPONENTS OF POWER?
 - Follow-through
 - Accuracy
 - Speed
 - Technique
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Push kick – Bottom of the heel
 - Back kick – Bottom of the heel
 - Spinning hook kick – Back of the heel
 - Jumping side kick – Bottom of the heel
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Yi Jang

