



*Orange Belt

- 1) Kicks
 - a) Push kick
 - b) Skip Side Kick
 - c) Double round kick
 - 2) Strikes
 - a) Back elbow
 - 4) Strength test - 15 push ups - good form
 - 5) Form - Taegeuk Yi Jang
 - 6) Board breaking - Skip side kick
 - 8) What is the meaning of the orange belt?
 - a) The orange belt signifies sunset - promise of more opportunities tomorrow.
 - 9) What is the meaning of Taegeuk Yi Jang?
 - a) The second Taegeuk form signifies joy
 - 10) What are the commandments of Taekwondo?
 - a) Respect your parents.
 - b) Respect your siblings
 - c) Loyalty to your friends
 - d) Respect your elders
 - e) Respect your teachers
 - f) Finish what you begin.
 - 11) What are the four physical components of power?
 - a) Follow through
 - b) Accuracy
 - c) Speed
 - d) Technique
 - 12) Count to 30 in Korean - Sarun
- b) Palm strike
 - c) Knife hand strikes
- 3) Self Defense
 - a) Rear wrist grabs
 - b) Rear bear hugs - over arms/under arms

*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Form