

# Promotion to Black Stripe – 1st Kup

- **Warm Up**  
Sprint on the spot  
35 press ups  
35 sit ups  
35 jumping jacks  
25 squat thrusts
- **Traditional Line Work**  
L-stance - low knife hand guard  
L-stance - obverse upwards punch  
Fixed stance - middle side punch  
L-stance - side kick (back leg) - back kick - back fist strike  
W-stance - turning kick (back leg), reverse turning kick, reverse punch  
W-stance - jump front kick (back leg), obverse, reverse punch  
Walking stance - high twin vertical punch, front push kick (back leg) land in L stance with forearm guarding block  
Walking stance - Obverse, reverse punch, knee strike (back leg) – L stance forearm guard
- **Patterns**  
Up to and including Hwa-Rang
- **Freestyle Line Work**  
Lead leg inward to outward crescent kick - back leg push front kick  
Step over reverse turning kick  
Double lead leg side kick - back fist - reverse punch (blitz)  
Reverse punch - reverse ridgehand - jump spin crescent kick  
Favorite jump kick
- **Set Sparring**  
Three step semi free sparring  
Three step sparring numbers 1 to 9  
Two step number 1 to 3  
One step sparring
- **Self Defence**  
Single lapel grab with other hand round throat  
Front guillotine choke  
All previous knife defences  
Kicks and punches whilst on the ground (attacker standing)  
All previous self-defence techniques to be included
- **Pad Work**  
Pad drills 1 to 5 (right & left side)
- **Bag Work**  
Front Kicks (regular and jump)  
Side Kicks (regular and jump)  
Turning Kicks (regular and jump)  
Back Kicks (regular and jump)  
Reverse Turning Kicks  
Flying Side Kicks
- **Sparring**  
Free sparring  
Two-onto-one sparring
- **Power Test**  
Hand destruction – Palm Strike  
Kick destruction – Back Kick
- **Theory**  
All theory to be learnt on the reverse of this document + personal questions from examiner

# PROMOTION TO BLACK STRIPE

- 1. What does Tae Kwon Do literally mean / translate to?**  
*FOOT (Tae), HAND (Kwon), WAY or ART (Do).*
- 2. Who founded Tae Kwon Do?**  
*TAE KWON DO was founded by General Choi Hong Hi, 9<sup>th</sup> Dan.*
- 3. What are the 5 tenets of Tae Kwon Do?**  
*Please see below.*
- 4. What part of the foot do you use for a Side Kick?**  
*Foot Sword (Balkal) (the outer edge of the foot – from the little toe to the heel).*
- 5. What part of the foot do you use for a Back Kick?**  
*Foot Sword (Balkal) (the outer edge of the foot – from the little toe to the heel).*
- 6. What part of the foot do you use when performing a hook kick (Golcha)?**  
*The heel (Dwitchook).*
- 7. What is the weight distribution in your legs, when performing a sitting stance (Annun sogi)?**  
*50% on both legs*
- 8. What is the ready position on Won Hyo called?**  
*Closed ready stance A.*
- 9. What is the weight distribution in your legs and the length between your legs, when performing a fixed stance?**  
*50% on both legs. Double shoulders width apart.*
- 10. What does Self Control mean?**  
*To control your actions and emotions, especially under stress, i.e. after being hit whilst sparring.*
- 11. What was the date Tae Kwon Do was founded?**  
*April 11<sup>th</sup>, 1955.*
- 12. What is the angle on the arm for a middle inner forearm block?**  
*90°*
- 13. What is the angle on the arm for a rising block?**  
*45°*
- 14. What is the ready position on Toi-Gye called?**  
*Closed ready stance B.*
- 15. What is the ready position on Hwa-Rang called?**  
*Closed ready stance C.*
- 16. What does indomitable spirit mean?**  
*A spirit that cannot be subdued or overcome and allows a person to have determination & the Confidence to handle the many challenges and obstacles in life.*
- 17. What is the meaning of black belt?**  
*Please see below*
- 18. How many movements are there in pattern Hwa-Rang and what is its meaning?**  
*Please see below.*

## 5 TENETS OF TAE KWON DO (Aims to Achieve)

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

### MEANING OF BELT COLOURS

**BLACK**                      Opposite of white, therefore signifying the maturity and proficiency in TAE KWON-DO. Also indicates the wearer's imperviousness to darkness and fear.

### Hwa-Rang Tul (29 movements)

Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty in the early 7th century. The group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry Division, where Tae Kwon Do developed into maturity.

To be learnt when you are a red belt, 2<sup>nd</sup> Kup.

