



* 1st dan 9 keub - one star

1. MEMORIZATION : Kyou roo ki Joon bi – Ready for sparring,
Chun bang nak bub – Front fall down tech

* Adult's Code : Na nun hal soo it da – I can do it

* Children's Home Rule #1 - 10 :

* Students creed all : I will practice in the **spirit** of Martial Arts, with **Courtesy** for my fellow students, **loyalty** for my Instructors and our country, and **respect** for my parents and all people, I shall live with **perseverance** in the **spirit** of Martial Arts, having **honor** for others, **integrity** with myself, **self-control** in my actions, and an **indomitable** spirit to finish what I have started, to reach my goals and set new ones, Sir.

2. Technique : Kicking with back step, Palm block, Running jump side kick

* Form – Go ryou ½

* Black belt one step sparring : #10, 11

* Kicking Tech : 7 times combination kicks

* Front fall down technique (Chun Bang Nak Bub)

* **Breaking Tech : Front rolling down with Back hook kick**

3. Strength Test : Children : Push up 30 times, Sit up 30 times
Adults : Push up 40 times, Sit up 40 times

* 1st dan 8 keub - two stars

1. MEMORIZATION : Ah lae mak ki – Down block
Ba Gat mak ki – Out side block

* Adult's Code : – Na la sa lang – Loyalty for our country

* Children's Home Rule #1 - 10 :

* Students creed all : I will practice in the **spirit** of Martial Arts, with **Courtesy** for my fellow students, **loyalty** for my Instructors and our country, and **respect** for my parents and all people, I shall live with **perseverance** in the **spirit** of Martial Arts, having **honor** for others, **integrity** with myself, **self-control** in my actions, and an **indomitable** spirit to finish what I have started, to reach my goals and set new ones, Sir.

2. Technique : Kicking with fall down tech, double round house kick with tornado kick

* Form – Go ryou all

* Black belt one step sparring : #10 -13

* Kicking Tech : 7 times combination kicks

* Side Fall down tech (Chuk Bang Nak Bub)

* **Breaking Tech : Double round house kick with tornado kick**

3. Strength Test : Children : Push up 40 times, Sit up 40 times
Adults : Push up 50 times, Sit up 50 times

* 1st dan 7 keub – three stars

1. MEMORIZATION : Gam Jeum – Deduction point
Chuk bang nak bub – Side fall down technique

- * Adult's Code : – Chon Kyoung sim – Be respectful
- * Children's Home Rule #1 - 10 :

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2. Technique : Kicking with fall down tech, Two times turning back kick

- * Form – Go ryou all
- * Black belt one step sparring : #10 - 14
- * Kicking Tech : 7 times combination kicks
- * Side Fall down tech (Chuk Bang Nak Bub)

* **Breaking Tech : double round house kick with back hook kick**

3. Strength Test : Children : Push up 40 times, Sit up 40 times
Adults : Push up 50 times, Sit up 50 times

* 1st dan 6 keub – four stars

1. MEMORIZATION : Chung – Blue Hong - Red
Jun bang hwi jun nak bub – Front rolling fall down tech

- * Adult's Code : – Hang Sang Wook Ja - Be always happy all the times
- * Children's Home Rule #1 - 10 :

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2. Technique : Kicking with fall down tech, Two times turning back kick

- * Form – Go ryou, Kum kang all
- * Black belt one step sparring : # 10 – 15
- * Kicking Tech : 7 times combination kicks
- * Side Fall down tech (Chuk Bang Nak Bub)

* **Breaking Tech : Two times turning Back Kick**

3. Strength Test : Children : Push up 40 times, Sit up 40 times
Adults : Push up 50 times, Sit up 50 times

* 1st dan 5 keub – five stars

1. MEMORIZATION : Gae sok – Continue
Hu bang hwi jun nak bub – Back rolling fall down tech

- * Adult's Code : – Sil chun ha ja – Just do it
- * Children's Home Rule #1 - 10 :

* Students creed all : I will practice in the **spirit** of Martial Arts, with **Courtesy** for my fellow students, **loyalty** for my Instructors and our country, and **respect** for my parents and all people, I shall live with **perseverance** in the **spirit** of Martial Arts, having **honor** for others, **integrity** with myself, **self-control** in my actions, and an **indomitable** spirit to finish what I have started, to reach my goals and set new ones, Sir.

2. Technique : Kicking with fall down tech, Two times turning back hook kick

- * Form – Go ryou, Kum kang, Tae Back ½
- * Black belt one step sparring : #10 - 15
- * Kicking Tech : 7 times combination kicks
- * Side Fall down tech (Chuk Bang Nak Bub)

* **Breaking Tech : Two times turning Back Hook Kick**

3. Strength Test : Children : Push up 40 times, Sit up 40 times
Adults : Push up 50 times, Sit up 50 times

* 1st dan 4 keub – six stars

1. MEMORIZATION : Na rae cha ki – Keep continue Double round house kick
Back kick - Dui cha ki

- * Adult's Code : – Sol jik ha ja – Be honest at all times
- * Children's Home Rule #1 - 10 :

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2. Technique : Combination kicks with fall down tech,
Back rolling down tech with back kick

- * Form – Go ryou, Kum kang, Tae Back ½
- * Black belt one step sparring : #10 - 16
- * Kicking Tech : 7 times combination kicks
- * Side Fall down tech (Chuk Bang Nak Bub)

* **Breaking Tech : Back rolling down with back kick**

3. Strength Test : Children : Push up 40 times, Sit up 40 times
Adults : Push up 50 times, Sit up 50 times

* 1st dan 3 keub – seven stars

1. MEMORIZATION : Choa woo yang woo – Face each other
Kam jeum – Deduction point

* Adult's Code : Youl shim hi ha ja – Do hard everything

* Children's Home Rule #1 - 10 :

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2. Technique : * Form – Go ryou, Kuem kang
* Black one step sparring : #10 - 17
* Kicking Tech : 7 times combination kicks

* **Breaking Tech : Jump back kick**

3. Strength Test : Children : Push up 30 times, Sit up 30 times
Adults : Push up 40 times, Sit up 40 times

4. Sparring : Free sparring

* 1st dan 2nd keub - eight stars

1. MEMORIZATION : Sun Bae nim – Senior student, Dong Ki – Classmate
Hoo Bae Nim – Junior student

* Adult's Code : Jung shin tong il – Empty mind with meditation

* Children's Home Rule #1 - 10 :

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2. Technique : * Form – Go ryou, Kuem kang, Tae Baek
* Black one step sparring : #10 - 18
* Kicking Tech : 7 times combination kicks

* **Breaking Tech : Tiger knuckle**

3. Strength Test : Children : Push up 40 times, Sit up 40 times
Adults : Push up 50 times, Sit up 50 times

4. Sparring : Free sparring

* 1st dan 1st keub – nine stars

1. MEMORIZATION : Yang bal bul rou cha ki – Split jump kick

* Adult's Code : Ji hea rob ja – Be wise

* Children's Home Rule #1 - 10 :

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2. Technique : * Form – Go ryou, Kuem kang, Tae Back, tae guek 8 jang

* Black one step sparring : #10 - 20

* Kicking Tech : 7 times combination kicks

* **Breaking Tech : Jump over target and side kick**

3. Strength Test : Children : Push up 30 times, Sit up 30 times

Adults : Push up 40 times, Sit up 40 times

4. Sparring : Free sparring