

## HIGH YELLOW BELT TESTING REQUIREMENTS

*\*Note to parents of young students: Please help your child study and practice the required knowledge*

**Pattern:** Dan-Gun (see diagram on page 3)

### **Kicks:**

turning kick (lead leg, rear leg, stepping)  
side turning kick (lead leg, rear leg, stepping)  
back piercing kick

### **Hand Techniques:**

guarding block with the knife-hand  
twin block with the outer forearms  
rising block with the outer forearm  
outward strike with the knife-hand

**New Stances:** none

**Step Sparring:** Intermediate 3-step sparring

*\*Print out the Step Sparring Worksheet at end of this document. You must be able to perform at least 3 routines, and preferably 5. Take it upon yourself to memorize the routines and be able to perform them just like a pattern.*

### **Ho Sin Sul (self defense):**

1 joint attack from a single straight grab to the wrist  
1 joint attack from a single cross grab to the wrist  
1 joint attack from a double grab to the wrists  
1 joint attack from a single grab to the lapel  
basic understanding of pressure points (describe what they are & identify 5 locations)

*Have someone help you practice your ho sin sul by grabbing your wrists and lapel like we practice in class. Remember to be very careful to not cause. Ask your instructor if you have questions.*

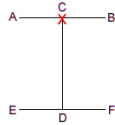
**Tournament Competition:** optional

## Required Knowledge

### 1. Dan-Gun pattern information:

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Diagram: capital "I".



Number of moves: 21

### 2. The Student Oath of Taekwon-do:

I shall observe the tenets of Taekwon-do  
I shall respect the instructor and seniors  
I shall never misuse Taekwon-do  
I shall be a champion of freedom and justice  
I shall build a more peaceful world

### 3. The Tenets of Taekwon-do:

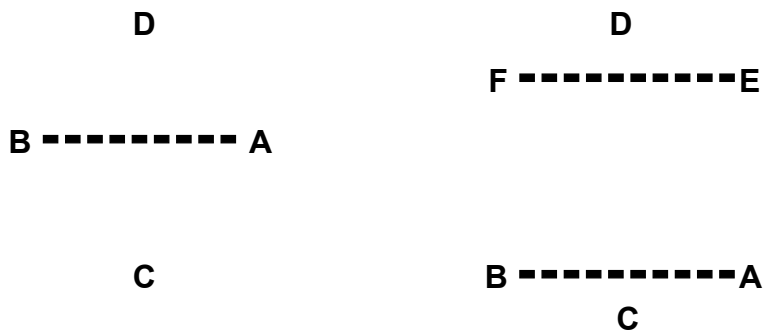
Courtesy (ye-ui)  
Integrity (yom-chi)  
Perseverance (in-nae)  
Self-control (guk-gi)  
Indomitable spirit (baek-jul bool-gool)

### 4. The classes of black belt:

1<sup>st</sup> – 3<sup>rd</sup> dan: novice (boo sa-bum)  
4<sup>th</sup> – 6<sup>th</sup> dan: expert (sa-bum)  
7<sup>th</sup> dan: master (sa-hyung)  
8<sup>th</sup> dan: senior master (sa-hyung)  
9<sup>th</sup> dan: grand master (sa-sung)

### 5. Pattern Diagram Directions:

The student stands on the A-B line facing D.



## Dan-Gun Diagram



### INTERMEDIATE THREE STEP SPARRING (to test to High Yellow) 2 Counter Attacks (Hand then Foot or Foot then Hand)

1. A (Attacker) and D (Defender) come to Attention and bow to each other
2. D tells A which attacks and stances to perform
3. A measures (see pgs 60-61 of yellow step sparring book)
4. As dictated by D, A will either:
  - a. step back w/ right foot into left Walking Stance, executing a left Low Block w/ Outer Forearm, or
  - b. step back w/ right foot into a right L-Stance, executing a left Low Block w/ Outer Forearm
5. D simultaneously steps with left foot into Parallel Ready Stance
6. A kihaps to signal readiness to attack
7. D kihaps to signal readiness to block and to tell A to begin
8. Always begin with the RIGHT foot. A steps forward w/ right foot, D steps backward w/ right foot.
9. D blocks all 3 of A's attacks, then does 2 counter attacks with kihap on 2<sup>nd</sup> one (hold 3 seconds).
10. If last counter attack is a kick, step down into L-Stance with Guarding Block, after the kick.
11. **A and D return to Parallel Ready Stance with their RIGHT foot**
12. A and D switch roles. The new D and new A repeat the sequence of steps above.

### General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as to not hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 time per your 5 total routines.
10. All Step Sparring should be done with a high degree of formality and courtesy.

### Routine #1

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times):	middle obverse Punch (right, left then right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times):	Twin Block with Outer Forearms <i>(to begin, step backward with right foot into right L-Stance)</i>
First Counter Attack:	Shift backward, then middle Back Kick (right) <i>(from RT L-Stance)</i>
Second Counter Attack:	middle Outward Strike w/ right Knife-Hand, <u>with kihap</u> <i>(stepping down into left L-Stance)</i>

### Routine #2

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back into left Walking Stance
Type of Attack that Attacker will use (3 times):	middle obverse Punch (right, left, right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times):	middle Guarding Block w/ Knife-hand (left, right, left) <i>(to begin, step backward into right L-Stance)</i>
First Counter Attack:	middle lead leg Side Piercing Kick (left) <i>(from right L-Stance and returning to right L-Stance after the kick)</i>
Second Counter Attack:	high reverse Punch (left) <u>with kihap</u> <i>(maintaining right L-Stance)</i>

### Routine #3

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times):	low Front Snap Kick (right, left then right) <i>(after 1<sup>st</sup> kick, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times):	Low Block with Knife-Hand (left, right, then left) <i>(to begin, step backward w/ right foot into left Walking Stance)</i>
First Counter Attack:	middle lead leg Front Snap Kick (left) <i>(from left Walking Stance, and stepping down into left Walking Stance after the kick)</i>
Second Counter Attack:	middle reverse Punch (right) <u>with kihap</u>

	<i>(maintaining left Waling Stance)</i>
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#### Routine #4

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times):	high Punch (right, left then right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times):	Rising Block (left, right, then left) <i>(to begin, step backward w/ right foot into left Walking Stance)</i>
First Counter Attack:	low reverse Punch (right) <i>(from Left Walking Stance)</i>
Second Counter Attack:	step to your left with your left foot then execute a middle Turning Kick with rear leg (right), <u>with kihap</u> <i>(stepping down into left L-Stance, guarding block after kick)</i>

#### Routine #5

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times):	middle Punch (right, left then right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times):	Middle Block with Inner Forearm (LT, RT then DODGE backward into right L-Stance to avoid the 3 <sup>rd</sup> attack) <i>(to begin, step backward w/ right foot into right L-Stance)</i>
First Counter Attack:	Stepping Side Turning Kick with lead (left) leg. <i>(step down into a right L-Stance)</i>
Second Counter Attack:	high Outward Knife-hand Strike (left) <u>with kihap</u>