

White Belt – 10th Keub Rank Requirements

(minimum requirements to earn High White Belt – 9th Keub)

Mak Gi (Blocks) - High Block
 Low Block
 (all with palm facing inward)

Ch'a Gi (Kicks) - Rising Kick (Stretching Kick)

Ji Reu Gi/Ch'I Gi (Punches/Strikes) - Reverse Middle Punch

Forms (Poom Sae) - Ki' Cho Il Jang (Basic Form 1)

Breaking (Kyuk P'a) - Snap Kick w/practice boards

Terminology –

Do Jang	Studio, School	Stretching	Pyu Gi
Yell	Ki Hap	White Belt	Hin Sek Dhee

*** Note – “a” has the sound as in palm or father; “o” has the sound as in old or open; “ae” has the sound as in ace or rate.

High White Belt – 9th Keub Rank Requirements

(minimum requirements to earn Yellow Belt – 8th Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) - Outside Block
 Inside Block
 (all with palm facing inward)

Ch'a Gi (Kicks) - Front Snap Kick
 Side Kick
 Roundhouse Kick
 Axe Kick

Ji Reu Gi/Ch'I Gi (Punches/Strikes) - Reverse High Punch

Forms (Poom Sae) - Ki' Cho Yi Jang (Basic Form 2)

Breaking (Kyuk P'a) - Front Snap Kick

Terminology –

Hana	1 (one)	Yeoseot (Yasut)	6 (six)
Dul (Dool)	2 (two)	Ilgop (Ill Gope)	7 (seven)
Set	3 (three)	Yeodeol (Yo Dool)	8 (eight)
Net	4 (four)	Ahop (ah hope)	9 (nine)
Daseot (Dasut)	5 (five)	Yeol (Yool)	10 (ten)

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Yellow Belt – 8th Keub Rank Requirements

(minimum requirements to earn High Yellow Belt – 7th Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) -

Inverted Blocks
Knife-hand Blocks

Ch'a Gi (Kicks) -

Stepping Side Kick
Spinning Crescent Kick
Turning Back Kick
Jump Double Snap Kick

Ji Reu Gi/Ch'I Gi (Punches/Strikes) -

Palm Heel Strike
Knife-hand Strike
Ridge-hand Strike
Tiger Mouth Strike

Combinations -

Down Block Middle Punch
High Block High Punch
Inside Block Middle Punch
Outside Block Middle Punch

Forms (Poom Sae) -

Ki' Cho Sam Jang (Basic Form 3)
*** Not required for Testing ***
Tae Guk Il Jang

Breaking (Kyuk P'a) -

Stepping Side Kick

Terminology –

Dhee	Belt	Si Jak	Begin
Do Bok	Uniform	Keu Man	Stop
Dhee Dahnjung	Fix your belt	Kye Sok	Continue
Cha-ryut	Attention	Bah Ro	Return to ready position
Choon Bi	Ready	Kyung Yeh	Bow

One Steps - #1- Step to outside, knife-hand block, grab arm, roundhouse to body, knife-hand to neck, grab collar, sweep

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