

| | | |
|----|----------|--------------|
| 10 | White to | Senior White |
|----|----------|--------------|

Pattern: **Sagu chargi** (4 Directional Punch)

fundamentals: 1. Horse stance slow punches,
2 mid, 2 low, 2 high -- Kimosogi Cheriji

kick basics

1. **Front Snap Kick** (Snap Kick)

2. Turning Kick (Roundhouse)

3. Step Behind Side Kick

| | | |
|---|--------------|-----------|
| 9 | Senior White | to Yellow |
|---|--------------|-----------|

Pattern: **Chon Ji**

fundamental: 1. Front snap kick 1-2 punch, twice, forward & back

kick basics: 1. **Reverse Turning Back Kick** (Back Kick)

2. Turning Kick (Roundhouse)

3. Turning Side Kick. (Side Kick)

| | |
|---|------------------|
| 8 | Yellow to Orange |
|---|------------------|

Pattern: **Dan Gun**

fundamental: 1. five point star block - from back stance (both sides) ??

kick basics:

1. Reverse **Hook** Kick (reverse roundhouse)

2. Front Push Kick

3. Turning **Side** Kick + Reverse Turning **Back** Kick

| | | |
|---|-----------------|----------------------------------|
| 7 | Orange to Green | minimum of 20 class hours / belt |
|---|-----------------|----------------------------------|

Pattern: **Do San**

kick basics: 1. Turning Side Kick + Reverse Hook Kick (reverse roundhouse)

2. Skip Side Kick+ *Back fist*

3. Front Snap Kick + Turning Kick (Roundhouse)

4. *Hammer fist (moving forward then backward in back stance)*

| | |
|---|---------------|
| 6 | Green to Blue |
|---|---------------|

Pattern: **Won Hyo**

kick basics: 1. Skip Side Kick + Reverse Turning Back Kick

2. 1-step Jump Front Snap Kick

3. Front Snap Kick + Turning Kick + Turning Back Kick

5 **Blue to Purple**

Pattern: **Yul Gok**

- kick basics:
1. Skip **Side Kick** + **Turning Kick**
 2. **1** step **flying Turning Kick** (flying roundhouse)
 3. **1** Step **Flying Side Kick**
 4. **Turning Kick** + **Skip Side Kick**+ **Front Snap Kick** 1 - 2 **Punch**

4 **Purple to Brown**

Pattern: **Joong Gun**

- kick basics:
1. **0** step **flying Turning Kick** (flying roundhouse)
(lift with rear leg moving forward; kick with non lifting leg)
 2. **Front Snap Kick** + **Turning Kick** + **1 Step Jump Turning Kick**
 3. **Reverse Turning Back Kick** + **Reverse Turning Back Kick** + **Turning Side Kick**

3 **Brown to Red**

Pattern: **Toi Gye**

- kick basics:
1. **Front Hook Kick** (using front foot to hook)+ **Reverse Hook Kick** (reverse roundhouse)
 2. **Turning kick** + **skip side kick** + **Reverse turning back kick**
 3. **Front Hook Kick** (using rear foot to hook)+ **Reverse Hook Kick** (reverse roundhouse)

2 **Red to Cho Dan Bo (RED/BLACK)**

Pattern: **Hwa rang**

- kick basics:
1. **180 reverse jump back kick**
 2. **Turning kick** + **turning kick**
 3. **Front snap kick** + **front snap kick**
+ **1 step flying side kick** + **Reverse Hook Kick** (reverse roundhouse)

1 **RED/BLACK to Black**

Pattern: **Chung Mu**
Ma Nam (bow)
Koreo? (At least for our school)

1. **Twin Double front snap kick board break**
(from horse stance - 30 years and under)
(optional over 30 years from back stance front foot, front snap; rear foot front snap; in immediate succession)
-