

# Orange Belt Promotion Exam Contents

- ❖ Student must take a minimum of 24 classes in 3 months to be eligible for promotion to the next level.

<b>Juchum Suhgi</b>	<p>At this level students should be able to perform Juchum suhgi much more precisely. Again, it is a very important basic skill in Tae Kwon Do.</p> <ul style="list-style-type: none"> <li>✓ Key point: Throw punches at exact target point which will be the solar plexus, and transition between the movements should be done flowingly.</li> </ul>
<b>Poomse # 2</b> Tae Geuk Ee Jahng <b>(Adults only)</b>	<p>The second TKD form that coordinates all basic blocks, punches, and kicks in two basic stances through 18 movements.</p> <p>Poomse # 2: this form signifies the inner firmness and the outer softness (lake).</p> <ul style="list-style-type: none"> <li>✓ Key point: Learn correct differences between walking stance and front stance.</li> </ul>
<b>Stationary Kicks</b>	<p>Students will learn and be able to execute “<b>Side Kick</b>”— (Yeop chagi)</p> <ul style="list-style-type: none"> <li>✓ Key point: Pivot front foot before kicking, raise the knee up and then kick straight toward the target. Once kick is made, position of the foot, the heel should be 30 degrees higher than toes.</li> </ul>
<b>Combinations</b>	<p>Students will learn and be able to perform double middle punch combined with Side kick.</p> <ul style="list-style-type: none"> <li>✓ Key point: Both arms should be in a good guarding position, shifting shoulders while kicking, lean upper body 30 degrees backward and push hip in as kick is made.</li> <li>✓ Once kick is made, alignment of the body should be ankle, hip, shoulder in line.</li> </ul>
<b>Sparring Steps</b> ( # 3 & # 4 )	<p>It is the beginner’s TKD sparring steps that help students build good balance and strengthens the lower body muscles to be able to maintain all other sparring skills. It starts from kicking stance. The purpose of these steps is to check out the opponent’s reaction.</p> <ul style="list-style-type: none"> <li>✓ Key point: Stay focused on the front and bend the knees gently, keep heels moving lightly up and down contacting floor while changing directions.</li> </ul> <p># 3: Use rear foot; quickly step forward with jab punch to see the opponent’s reaction. # 4: Use both feet, gently pull in back and forth to 90 degrees heel to heel contact position.</p>
<b>Breaking</b> ( Side kick )	<p>Students will learn and be able to perform how to use side kick and break a board.</p> <ul style="list-style-type: none"> <li>✓ Key point: Take a deep breath inhale and exhale, stay focused on the target and then strike right in the middle with a loud “Kihap”</li> <li>✓ Do not try a high kick, you can only do what your flexibility and strength will allow anyone who disregards these important tips, has a higher chance to injure themselves.</li> </ul>
<b>One Step Self-Defense</b> <b>(Adults Only)</b>	# 5 and # 6A (with step behind side kick)
<b>Speech</b> ( Required written essay kids only)	<p>We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of best ways to build their leadership skills, character and confidence.</p> <ul style="list-style-type: none"> <li>✓ Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure only. <b><u>We do not need to know the Parents essay skills.</u></b></li> </ul> <p style="text-align: center;"><b>Children:</b> “The meaning of Self-defense”</p>
<b>Terminology</b>	<p><b>Bahl Chagi Chunbi:</b> Kicking stance ready position.</p> <ul style="list-style-type: none"> <li>✓ Key point: From the Charyut position, take one small step back with the right foot.</li> </ul>