

YELLOW BELT > GREEN STRIPE
THEORY REQUIREMENT

How to Bow to:

The General	Charyot Chong Shi Ja Nim Ke Kyung Ye
The Examiner	Charyot Shim Sa Kwa Nim Ke Kyung Ye
The Instructor	Charyot Sa Bum Nim Ke Kyung Ye
The Assistant Instructor	Charyot Bo Sa Bum Nim Ke Kyung Ye

Training Secret:

1. To study the theory of power thoroughly

Purpose of:

1. Forearm Low Block

- To block a front snap kick

2. Forearm Middle Block

- To block a middle punch

3. Rising Block

- To block a high punch

Measurements of Stances:

Walking Stance

- one shoulder width
- one and a half shoulder in length

L-Stance

- one and a half shoulder in length

FUNDAMENTAL MOVEMENTS:

SAJU-JIRUGI	four directional punch
SAJU-MAKGI	four directional block

MEANING OF CHON – JI

- Literally the Heaven and the Earth.
- It is in the Orient interpreted as the creation of the world and the beginning of human history.
- Therefore, it is the initial pattern played by the beginner. This pattern consists of two similar part one to represent the Heaven and the other the Earth.

MEANING OF DAN – GUN

- Named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.