

# WHITE/BLACK-BELT REQUIREMENTS



## TECHNICAL INFORMATION

### Goo-Gup (9<sup>th</sup> Grade) Testing Requirements

Basics and Forms = 1 <sup>st</sup> Stripe	Breaking/Sparring = 2 <sup>nd</sup> Stripe	Terminology/Attitude = 3 <sup>rd</sup> Stripe
All Ship-Gup Requirements Ki-Bon Ee Jahng New Techniques	Required One-Step Defense Free Sparring Board Break	Required Terminology 1-2 Tenet and Definitions Asked to test by an Instructor

### Form: KI-BON EE JAHNG (Basic Form 2)

MOVEMENT	Stance	Section	MOVEMENT	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step forward with left foot</i>		
1. L Low Block	LF	L	12. L Side Chop	RB	H
<i>Step forward with right foot</i>			<i>Step 90° CCW with left foot</i>		
2. R Punch	RF	M	13. L Spread Block	LF	L
<i>Step 180° CW with right foot</i>			<i>Step forward with right foot</i>		
3. R Low Block	RF	L	14. R Front Kick	---	H
<i>Step forward with left foot</i>			15. Spread Block	RF	L
4. L Punch	LF	M	<i>Step forward with left foot</i>		
<i>Step 90° CCW with left foot</i>			16. L Front Kick	---	H
5. L Face Block	LF	H	17. Spread Block	LF	L
<i>Step forward with right foot</i>			<i>Step forward with right foot</i>		
6. R Face Block	LF	H	18. R Front <u>Kick</u>	---	H
<i>Step forward with left foot</i>			19. Spread Block	RF	L
7. L Face Block	LF	H	<i>Step 270° CCW with left foot</i>		
<i>Step forward with right foot</i>			20. L Side Block	RB	M
8. R Face <u>Block</u>	RF	H	<i>Step forward with right foot</i>		
<i>Step 270° CCW with left foot</i>			21. R Side Block	LB	M
9. L Side Chop	RB	H	<i>Step 180° CW with right foot</i>		
<i>Step forward with right foot</i>			22. R Side Block	LB	M
10. R Side Chop	LB	H	<i>Step forward with left foot</i>		
<i>Step 180° CW with right foot</i>			23. L Side Block	RB	M
11. R Side Chop	LB	H	<i>Return to Joon-Bee with left foot, facing front</i>		

Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance, P - Parallel H - High (Face) Section, L - Low Section, M - Middle Section, Underlined - Ki-Yap

### KYUK PA (BOARD BREAKING)

REQUIRED: Ap Chagi (Front Kick)

### TENETS:

(1) COURTESY, (2) Integrity, (3) Perseverance, (4) Self-control, (5) Indomitable Spirit

To promote the spirit of mutual concessions

To be ashamed of one's vice, contemning that of others

To be polite to one another

To encourage a sense of justice

To distinguish instructor from student, senior from junior

# WHITE/BLACK-BELT REQUIREMENTS



## TERMINOLOGY:

### **BASIC**

Martial Art Student..... Je Ja  
Instructor ..... Gyo-Sa Nim  
Senior Student ..... Sun-Bae Nim  
Training Hall..... Do-Jang  
Training Uniform ..... Do-Bak  
Belt..... Dee

### **STRIKES**

Knifehand Strike..... Sonnal Chigi

### **KICKS**

Front Kick ..... Ap Chagi

### **STANCES**

Back Stance ..... Duie Koobi

### **BLOCKS**

Face Block ..... Eolgool Makki  
Side Block..... Yeop Makki  
Spread Block..... Hae-Cho Makki

## II BOH DE RHAN (ONE-STEP SPARRING)

All One Steps Begin in the Same Manner:

(Attacker) – Step back with the RIGHT foot to a LEFT *Front Stance*, LEFT *Low Block*, **KI-YAP!**

(Defender) – **KI-YAP!**

(Attacker) – Raise LEFT arm, step forward with the RIGHT foot to a RIGHT *Front Stance*, RIGHT *Punch* to face.

1. Step center with the right foot to a LEFT *Back Stance*, RIGHT *Side Block*, RIGHT *Side Kick* (ribs), land in LEFT *Back Stance*, RIGHT *Side Chop* (neck), **KI-YAP!**; step back with right foot to RIGHT *Back Stance*, *Double Fist Guarding Block*
2. Step center with left foot to a RIGHT *Back Stance*, LEFT *Side Block*, LEFT *Side Chop* (neck), LEFT *Side Kick* (solar plexus), **KI-YAP!**, land in a RIGHT *Back Stance*; step back with left foot to a LEFT *Back Stance*, *Double Fist Guarding Block*
3. From Joon Bee, LEFT *Outside Crescent Kick* block, land in *Horse Riding Stance*, RIGHT *Roundhouse Kick* (solar plexus or face), set down right foot center to LEFT *Back Stance*, RIGHT *Knifehand Strike* (neck), shift to RIGHT *Front Stance*, LEFT *Reverse Punch* (solar plexus), **KI-YAP!**; step back with right foot to RIGHT *Back Stance*, *Double Fist Guarding Block*

## FREE SPARRING

### ONLY SHOULD BE DONE IN THE PRESENCE OF AN INSTRUCTOR!!!

1. Opponent #1 and #2 face each other and respectfully bow.
  2. On Instructors command, each opponent attacks toward each other and defends against any attack towards them.
  3. NO CONTACT SHOULD BE MADE AT ANY TIME
  4. On Instructors command, stop sparring and immediately face each other.
  5. Bow and thank the opponent.
- Concentrate PRIMARILY on the basics learned: Front Kick, Side Kick, Round Kick and Punch
  - Keep the body facing SIDEWAYS in a back stance with the hands up in a guarding position
  - Move side-to-side as well as straight back; as with the 3 kicks back and forth, move WITH the Opponent