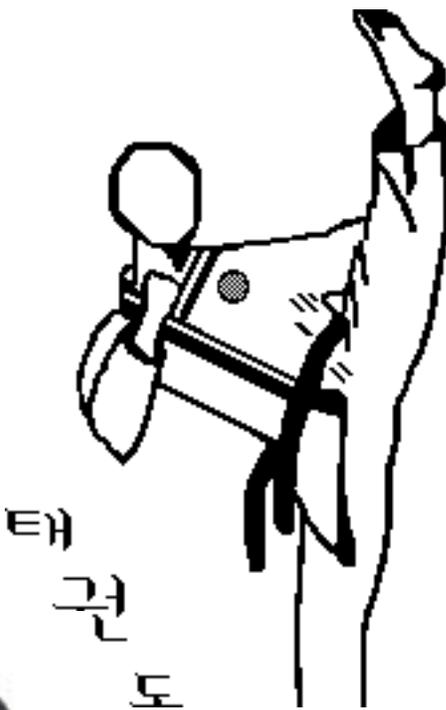


familytaekwondo.com

WELCOME TO THE ADVANCED RANKS



HAUTHS TAEKWONDO

MR. CHRISTOPHER HAUTH
6TH DEGREE BLACK BELT
<http://www.familytaekwondo.com>



8890 LAKEWOOD DR.
WINDSOR, CA 95492
(707) 838-3644

Re: Check list

Congratulations!! You are almost there. Enclosed in this packet, you will find everything you need to know about the 4 levels of Conflict, Forms chart, Pressure Point Definition, Level 1-2 PDTs, summary of Advancement requirements, the Rank Promotion, Boards, Time in Rank and lastly a blank evaluation sheet from the judging panel. This will reinforce what you have been hearing in class, the testings you have observed and the notes you have been taking. It is acknowledged that for the most part those who wear a red belt are students that have power but lack adequate control. As you practice this new form, as well as review the many basic techniques from the past forms and one-steps you will gradually become more comfortable with the techniques and gain more control. This sense of control will give you a feeling of confidence..... **Self confidence.**

You will need to know the following Cha Um, Su Ryun, Yea Jul, Tong Il and Mid Um. 10 PDT's (5 are only required if you are 12 yrs and under), Sparring and Board Breaks. The Rank Promotion is outlined in this packet.

You are no longer a part of the lower ranks or intermediate ranks. You are now an advanced student. There are certain obligations that comes with your rank. You are responsible for your training and commitment to Taekwondo.

First: Attending the appropriate classes and amount of classes. Keep in mind your rank. (min. 2 classes per week or 16 hr matt time)

Second: Become more committed. Know your material

Third: Reevaluate your goals. What will you do once you are a Black Belt?

Forth: Video tape yourself for self-evaluation purposes.

Fifth and Final: Take responsibility for your training. Ask questions!

Your rank promotion can last anywhere from 2 to 5 hours. During this time you will be asked to demonstrate technique, answer questions on theory and your responsibility as a martial artist. You will be judged from the moment you arrive to the moment you leave the testing. You will be given an evaluation sheet on your performance during the test which will give you comments on what you need to improve on. Preparedness is extremely important. Stay hydrated. Drink a lot of water starting at least 3 days or more prior to the rank promotion. You should also bring plenty of water, some Kleenex and a small towel. (if you really sweat). So before we start make sure you adhere to the following requirements:

You are required to discuss your probabilities of promoting with Mr. Hauth, if you are injured, sick, pregnant, recent surgery, medical condition, physical or mental disability, on medication (vitamins included), working a lot, on vacation, or any other reason that might distract you from the rank promotion. You are also required to make an appointment with Mr. Hauth if you have any questions or are confused about the contents of this letter. There is a 2 hr preparatory class every Friday evening before each rank promotion to help you prepare. The intent of this letter is to prepare you for Black Belt.

The following information is outlined in five sections. If this information does not make sense to you, please make an appointment with Mr. Hauth to discuss the contents. This checklist is designed to help you determine your strengths and weaknesses in the material.

To help you visualize your success in Taekwondo, you need tangible evidence of your progression. The video camera and your keen eye can be a great tool for your progression. The hardest thing to take is constructive criticism or correction, even looking at yourself on videotape can be rather difficult.

Congratulations again and best wishes on your progression to Black Belt. I believe that you can accomplish this goal and succeed in your future endeavors. Stay focused keep your training in line.

Respectfully,

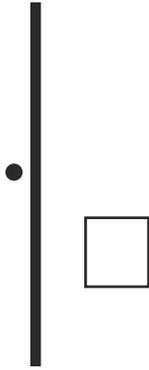
Christopher Hauth

Han Gil Style Taekwondo - Check List

use this to understand the direction of the Forms and test your knowledge on previous material

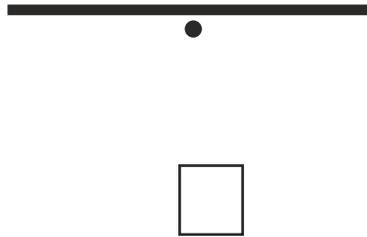
Chua Um

Commitment to a New Beginning
24 Movements
6,12,18,24



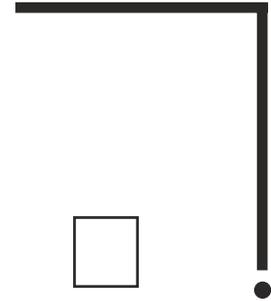
Su Ryun

Self Discipline
26 Movements
7,11,20,24



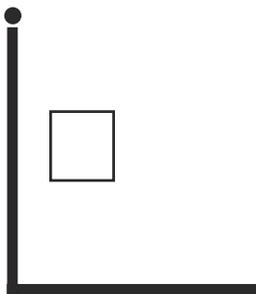
Yea Jul

Courtesy
30 Movements
12,19,26,30



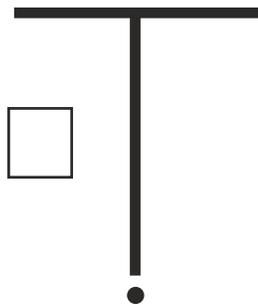
Tong Il

Having Unity
31 Movements
8,9,22,28



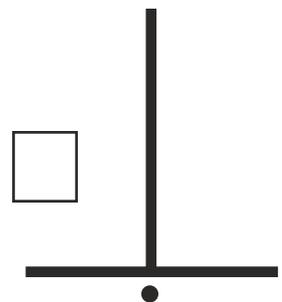
Bon Bo Gi

Setting Example
35 Movements
9,10,20,21



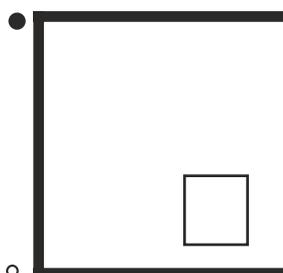
Boo Kul

Perseverance
38 Movements
6,20,29,37



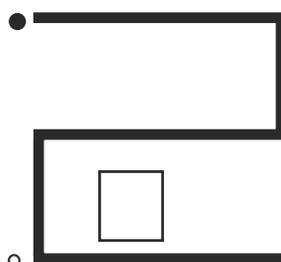
Ap Sagi

Self Leading
40 Movements
8,16,31,38



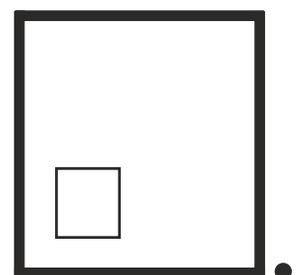
Mid Um

Self Confidence
41 Movements
14,21,25,33



Yong Ki

Courage
43 Movements
6,20,32,42



4 Levels of Conflict

Use this sheet to help you understand the escalation of Conflict. These four steps are designed to better equip you in your Martial Art Skills

**BULLY • GANGS • ATTACKER • MUGGER
THIEF • KIDNAPPER • ROBBER • RAPIST
MURDERER • EMPLOYER • NEIGHBOR • PEER
FAMILY MEMBER • SEXUAL HARRASSMENT**

Hands
Gun
Knife
Club
Grabbing

Taekwondo
Block, Punch, Kick
Sparring
PDT's
Martial Arts
Gun
Knife
Club

Clothes
Tattoos
Muscles
Hair
Car
Accessories

PSYCHOLOGICAL

Body Language
Eye Contact
Look, Listen, Pay Attention
Shoulders and Back
Chin Up
Clothes

Name Calling
Swearing
Questions

VERBAL

Loud Verbal Commands
Voice Inflection
Yell
(No • Leave Me Alone • Go Ask an
Adult or Someone Else)

Pushing
Impeding Path
Hands On
Inappropriate Touch

PHYSICAL

Blocking
Striking
Standing Your Ground
Joint Manipulation
Pressure Points
Distractions

LETHAL

AGGRESSIVE

FORCEFUL

TOOLS

FORMS
ONESTEPS
SPARRING
PDT'S
BOARDS
WEAPONS
PRESSURE POINTS
JOINT -
MANIPULATION

**TKD STUDENT / BLACK BELT / INSTRUCTOR
JOB HUNTER • WINNER • SHOPPER • MEN • WOMEN
CHILDREN • STUDENT • EMPLOYEE • SELF CONFIDENCE
ESTEEM • RAISES • EMPLOYMENT • PARENTS**

Introduction

My name is Chris Hauth. I have a 6th Degree Black Belt in Taekwondo and have been studying Pressure Point application for 17 years. I have developed 4 levels of Practical Defense Techniques (pdt's) to learn and apply the theories in Personal-Defense, Pressure Points, Takedowns, Joint Manipulation, Modern Arnis and understanding the 4 levels of Conflict.

This workbook could not have been possible without the following individuals and their dedicated study and work in these areas.

My Wife and family - To them I owe all the gratitude and appreciation that words cannot express

1. Master George Dillman - The Pressure Point information in this workbook came directly from his books "Advanced Pressure Point Fighting", "The Dillman Method of Pressure Point Fighting" and "Advanced Pressure Point Fighting".
2. Master/Professor Remy Presas - The founder of Modern Arnis.
3. Mister David Williams - A devoted student of Taekwondo who researched and wrote the Force Continuum.
4. Finally, to all of the instructors and students who gave me the opportunity to practice and pursue this endeavor ...

Thank you.

Pressure Points

A Pressure Point is a place where energy can be transmitted most effectively into a nerve.

This means when such an area is struck, the pain signal registers in more than one pathway.

Pain entering into a Pressure Point on the arm might be carried to the brain on all three major nerves of the arm, Radial, Medial, and Ulnar.

Acupuncture regards a Pressure Point as a gate where the flow of vital energy (chi or ki) can be manipulated. I use it to disrupt the flow in energy to defeat the opponent.

Our goal is to defend and not to kill, therefore, techniques emphasize quickly incapacitating an opponent with a knock out or joint manipulation.

We never poke someone in the eye to see if it is an affective self-defense technique. We also never train with full power or full contact on Pressure Points.

Please adhere to the following guidelines:

1. Train with a qualified instructor
2. Don't practice actually striking for more than 15 min per week
3. Don't switch sides
4. Don't cross body techniques
5. Be sure to learn proper revival
6. Don't work on people who have health problems, over 40, pregnant, or using drugs
7. Use the utmost restraint at all times. Don't knock someone out to see the effectiveness. A light blow is sufficient.

Familiarity must be learned in a controlled manner and the arm points allow for such a safe training ground. MAT TIME!

"Master George Dillman"

Level 1 & 2 PDT's

LEVEL 1

1. Knife Hand to Median Nerve - Upset Knife Hand to Brachial Plexus
2. Perry - Knife Hand to Radial Nerve - Round Kick
3. Perry - Hooking Block - Round Kick
4. Perry - Hooking Block - Round Kick - Step Close (hip to hip) - Throw (or lock up other arm)
5. Perry - Hooking Block - Round Kick - Step Under Arm - Arm Lock
6. Inside Circular Lock - Palm Heel Strike to Ribs
7. Trap - Behind Circular Lock - Downward Elbow
8. Trap - Behind Circular Lock - Upset Punch to Ribs
9. Step Back - Punch - Vertical Back Elbow - Upset Knife Hand to Brachial Plexus
10. Perry - Hooking Block - Round Kick - Hand on Hip - Step in Front - Throw

LEVEL 2

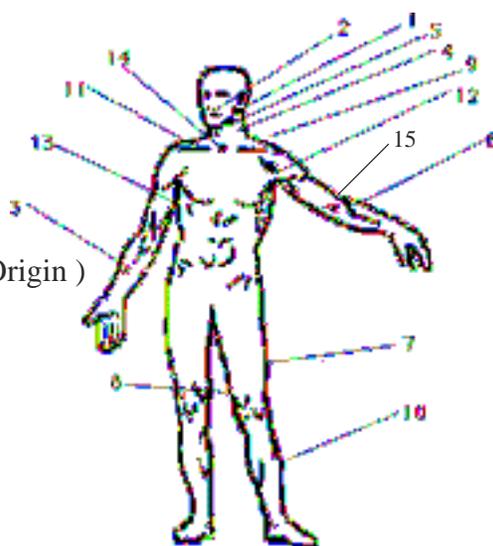
1. Perry - Hooking Block - Round Kick - Cup Chin/Head Restraint - C-Clamp #1 & #2
2. Knife Hand to #3 (Hooking Block) - Upset Knife Hand #4 - #5
3. Perry - Hooking Block - Round Kick - Knife Hand Strike #6 - Knee Strike or Shin Kick #7
4. Perry - Hooking Block - Round Kick - Drop on Kicking Knee -Supported Thumb Strike #8 - Grab leg - Takedown Lock
5. Perry - Hooking Block - Round Kick - Step Under Arm - Elbow Strike - Arm Lock - Hammerfist #9
6. Perry - Hooking Block - Round Kick - Step Under Arm - Elbow Strike - Arm Lock - Ground Kick #10 - Spear Hand #11
7. Knife Hand to Median Nerve (Hooking Block) - Upset Knife Hand #3 -Knuckle BackFist #12 - (3x)
8. Knife Hand to Median Nerve (Hooking Block) - Upset Knife Hand #3 - Knuckle Punch #13 - Arm Bar
9. Inside Circular Lock - Upset Punch to Lats - Finger Press #14 - TakeDown - Arm Bar - Stepoever - Arm Juji
10. Perry - Hooking Block - Round Kick - Hand on Hip - Step Behind & Back to Front Stance - TakeDown - Arm Bar

The use of the vocabulary words are to help you understand the concepts in any given situation. These concepts are an integral part of your total understanding in martial art theory and practice.

P
R
E
S
S
U
R
E

P
O
I
N
T
S

1. Mandibular Angle
2. Infra Orbital
3. Median Nerve
4. Brachial Plexus (Origin)
5. Hypo Glossal
6. Radial Nerve
7. Common Peronial
8. Femoral Nerve
9. Supra Scapular
10. Tibial Nerve
11. Clavical Notch
12. Brachial Plexus (Tie In)
13. Internal Cutaneous or Ulnar
14. Jugular Notch
15. Golgi Nerve



VOCABULARY WORDS

1. 4 Levels of Conflict - *psychological, verbal, physical, lethal*
2. Distraction
3. Initiative - K.I.S.S.
4. Steering Mechanism
5. Leverage
6. Motor Disfunction
7. Sympathetic Reaction
8. Flex/Reflex
9. Mental Stunning
10. Pressure Points
11. Pain Compliance
12. Time on Contact
13. Fluid Shock Wave
14. Joint Manipulation

Initiate Attack
Establish Distance
Maintain & Angle
3 Laws - Newton
End

15. Balance Displacement
16. Telegraphing & Telemotion
17. Path of least Resistance
18. Timing - Waiting - Patience
19. Economy of Motion
20. Center Line
21. Angle & Direction
22. Opponent Reactions
23. Kinetic Energy
24. Critical Distance
25. Ideal vs. Real
26. Compound vs. Complex

The Rank Promotion

The rank promotional outline is a guide for the judges. Every participant is graded individually on this criteria. This criteria is standardized and consistent Advancement Requirements for Hauth's Taekwondo. The reason for these guidelines are to eliminate the ambiguity and confusion in the criteria and what the judges are expecting from Red Belts and above.

Criteria

- 1 Applicant Name of Person Testing
- 2 Rank Current Rank
- 3 Age Form of Reference
- 4 Conviction Readiness - Body Language - Posture - Eye Contact - Resolve
- 5 Attitude Yells - Responses - Knowledge - Speed of Recall - Stamina
- 6 Warm Ups Participation - Effort - Enthusiasm
- 7 Stances Weight Distribution - Correct Stance - Effort
- 8 Basics Chamber - Execute - Rechamber - 5 Elements - Wrist - Look, Chamber, Move
- 9 Kicks C•E•Rch - Tool - Pivot - Solid Sole - Hips - Arm Base - Axis
- 10 Forms Recall - Name+Meaning - #'s 7,8,9 - Focus - Realism - Concentration - 3 Chances on these Forms
- 11 PDT's Flow - Concentration - Speed - Realism - Footwork - Ownership
- 12 Appl. Form #'s 4,5,6,7,8,9 - Ownership of Form - Black Belts only have one chance
- 13 Sp. Drills #'s 4,5,6 - Targeting - Angling - Speed - Combination - Complexity
- 14 Sparring Hands - Kicking - Peripheral - Strategy - Control - Spins
Repeat Kicks - # 12 - Jump - Jump Spins
- 15 Boards Set up Time - Request - Attitude - Confidence - Desire - Outcome
- 16 Rank Recommended Rank

Agenda

WARMUPS - Designed to warm up the muscles and to break a light sweat

BASICS - Pace with Blocks - Strikes - Combination Blocks + Strikes

KICKS - #1 - #4 - Front, Side, Round, Repeat Kicks, Reverse, Spin, Jump, Jump Spin

FORMS - By Count + Naming - Combination - No Count - Appl Form (No Count)

PDT's - Flow - Concentration - Speed - Realism - Footwork - Ownership

SPARRING DRILLS - Paper - hhh, hhk, hkh, khh, hkk, khk, kkh, kkk

SPARRING - 3x(25 moves) - Sparring (x3)

BOARD BREAKS

The Boards

The following criteria is the standardized and consistent Board Breaking Requirements for Hauth's Taekwondo. The reason is to take out the ambiguity and confusion in the number of boards for the requirement, the actual requirement, the height of the requirement, and the reasoning behind the requirement.

First: The # of Boards for the requirement - All Women and children should be required to break one board on each station with either hand or foot. If the individual is able to break two boards on either station then their personal integrity should be their guide. Speed breaks should be 2 boards for adult men and at a height they feel is the peak of their power. Any applicant with physical handicaps may adjust or change the required break only after consulting Mr. Hauth 8 weeks prior to Rank promotion. The alternative Break should be as challenging as the required Break.

Age Requirements (Men & Women)

6 and below - Drill Board - 3"	YELLOW BOARD
7-8 yr. old - Drill Board - 6"	ORANGE BOARD
9-10 yr. old - Drill Board - 9"	GREEN BOARD
11 and up - one 11 inch Board or Average Board	
Males - 16 yrs. and older men should break 2 boards per station - Strong Board	

Section Requirements-

A section is Head level - Defined as nose is in bottom 3rd of board
B section is Chest Level - Defined as Solar Plexus
C section is Groin level - Defined as Belt Level

Board Breaking Requirements

Red Belts - Side Kick (B Section) + Any Technique
Brown Belts - Round (A Section) + Any Technique
1BR's - Jump Side Kick (A Section) + Any Technique
1BD's - Jump Front Kick (A Section) + Any Technique
2BR's - Obstacle Jump Side Kick (B Section + 2 Obstacles for men & 1 for women and children) + Any Technique
2BD's - Any Hook Kick (A or B Section) + Any Technique
3rd Degree - Any Jump Reverse Kick (A or B Section) + Any Technique
4th Degree - Speed Break (A or B Section) + Any Technique
5th Degree - Combination Kick (A, B, or C Section) + Any Technique

Any Technique Ideas

Any Technique is defined as a suggestion for the secondary break

Front Kick (C Section)
Twist Kick (A or B Section)
Ax Kick (A Section)
Reverse Side Kick (B Section)
Jump Round Kick (A Section)
Elbow Strike (Lunge, Reverse, Back, Horizontal or Vertical) - (A or B Section)
Punch (Lunge or Reverse) - (A or B Section)
Knifehand (Side, Upset or Downward) - (A or B Section)
Ridgehand (Lunge, Reverse or Upset) - (A or B Section)
Hammerfist (Side, Upset or Downward) - (A or B Section)
Palm Heel (Lunge or Reverse) - (A or B Section)
Ground Kick (Front or Side)
Jump Reverse Kicks
Jump Spin Kicks
Techniques Out your Forms!
Etc.

Rules of Conduct

Choosing or shuffling through the boards is not allowed, and will result in an automatic N/C or dismissal from the Board Breaking portion of the test. Hard - Easy or Cracked the rule of 'Luck of the Draw' applies

Set up time is limited to 15 seconds Per Station -

The flow from station to station should be no longer than a breath

Touching or Stopping to measure or readjust the boards *after* bowing in constitutes as an attempt

* Both Stations must be broken in the same attempt for a successful break

The first station must be broken in order to go on to the second station

If the first station is not broken then the second attempt should start with the opposite station. Third attempts are at the discretion of the Student.

Only Three attempts will be given to successfully break all stations.

Don't become over confident with your boards. Always be prepared and expect that your technique is going through 4 or more boards.

* In some Schools it is acceptable not to allow the student to retry a break if the following situations occur:

Risk of injury and/or Successfully broke one or more of the stations but has one or more stations left to break.

Conductors Duty

It is duty of Station Conductor to direct the student in a timely and orderly fashion. The conductor should not coach the student or board holders for *Adult* students. The student is directly responsible for the success of the entire set up and break. The station conductor is also responsible for bowing in the student and making sure the judges hear the request. Board holders are not allowed to talk!

Boards in General

All breaks are done as "combinations" as in a combat situation (quick and decisive). The application of board standards were adopted years ago to offer a basic standard difficulty and randomness in all schools. A board is consistently broken with the execution of proper technique, power, focus, concentration, speed, accuracy, distancing, timing, attitude, confidence and desire. *A student will not succeed if he/she has had little practice time on the required break and on problem solving.* Strategy and proper technique and confidence are keys to consistent success. The randomness of the challenge will give the student more confidence in their ability. The requirement for each rank reflects the level at which that student should be at, both physically and mentally. Power = Mass x Speed..... Which one are you lacking?

Techniques for Success

Take a full 8 weeks or more to practice the following

1. Know the Requirements (Visualize the results constantly)
2. Hit one pad (large and small) then two pads. YELL
3. Target on paper
4. Practice setting up with two holders
 - a. Know where their legs should be
 - b. Know where their arms should be
 - c. Know the height and ANGLE of the board(s)
 - d. Tell the weaker of the two holders to set up first and get comfortable
 - e. Always set up the lowest station first.
5. Practice bowing in, breaking and bowing out (Practice for Success)

Key Components

Chamber

Pivot

Balance

Axis - Spine Angle

Yell - Breath out - Through

Time on Contact

Tool - Alignment

Asking Permission

Take full responsibility to memorize the following:

After setting up and bowing in you will be asked to say:

Sir,

My name is _____ and I request permission to break my boards with a _____ and _____

This should be said loud and confidently before you break your boards... Good Luck.

Common Mistakes or Injuries

A broken bone, pulled or torn muscle, and a torn ligament is the last thing any student wants to happen in their test or practice. Injury can be greatly reduced and possibly prevented through practice and conditioning. Preparation is 100% demanded. That includes all of the above and the following:

1. Stretching
 - a. Hamstrings
 - b. forearms
 - c. everything - hips, back, etc.
2. Isometrics
 - a. Slowly develop and train (reinforce) proper muscle action
 - b. Legs and Arms
3. Plyometrics
 - a. training your body to jump
 - b. Kicking on the way up so the power is executed at the Apex
4. Conditioning
 - a. preparing the actual striking surface for the impact
 1. Sitting on the ground and hitting the surface of a ...
 - a. Pad
 - b. Padded Carpet
 - c. Makawara Board
 - d. Surface of a board
 - b. Practice Time on Contact
 1. popping a balloon either on the ground or in your palm
 2. Kicking a pad or heavy bag and send it flying back (penetration of target)
5. Know your Boards
 - a. Density
 - b. How pliable are they
 - c. Know how to pick them out
 - d. Know about the Rainbow of the grain.
6. Know yourself
 - a. Physical Limitations
 - b. Mental Limitations
 - c. Genetic Limitations
 - d. Excuses
 - e. EXPERIENCE
7. TRICKS!
 - a. Sing a Song (not outloud)
 - b. Just Do It
 - c. RELAX - BREATH - Don't think about it.
 - d. Is it a Snap, Thrust, Torque that will break it
 - e. Put Board at End of Extension
 - f. Strike 1-2-3-Breath

Recommended Passing Requirements

- | | |
|--------------------------|---|
| 1. Break on 1st attempt | May advance one full step depending upon other Material |
| 2. Break on 2nd attempt | Max. advance 1/2 step depending upon other Material |
| 3. Break on 3rd attempt | Max advance 1/2 step depending upon other Material (Possible N/C) |
| 4. Unsuccessful Attempts | Not ready for Advancement - N/C |

A level one Red Belt has the opportunity to advance to a level one Brown Belt if the individual's Rank Promotion is excellent and the boards are broken on the 1st attempt. The same holds true for a level one Brown belt to a 1st Degree Black Belt - Recommended. Level two red will only be promoted to a level one Brown Belt. This standard is to ensure quality and integrity in the ranking system.

Ages - Time in Rank - Maturity

Once you attain a Black Belt decided there are minimum requirements to meet in order to be further promoted in Taekwondo. Those requirements are as follows:

1. 1st Degree R - 6 yrs and older
2. 1st Degree D - 7 yrs and older
3. 2nd Degree R - 8 yrs and older
3. 2nd Degree D - 10 yrs and older
4. 3rd Degree R - 14 yrs and older
4. 3rd Degree D - 16 yrs and older
5. 4th Degree R - 19 yrs and older
4. 4th Degree D - 21 yrs and older

Children's/Teen
Progression

1. 1st Degree - 1 yr. min. 2nd Degree
2. 2nd Degree - 2 yr. min. 3rd Degree
3. 3rd Degree - 3 yr. min. 4th Degree
4. 4th Degree - 4 yr. min. 5th Degree
5. 5th Degree - 5 yr. min. 6th Degree
6. 6th Degree - 6 yr. min. 7th Degree
7. 7th Degree - 7 yr. min. 8th Degree
8. 8th Degree - 8 yr. min. 9th Degree

Rank and Instructor

*Any Student can achieve the level of 2^{BD}! To receive a 3rd Black Belt Recommended or Decided, the individual **must** be in the Trainee Instructor Program! To receive a 4th Degree Black Belt the individual **must** be a Nationally Certified Instructor. To receive a 5th Degree Black Belt or higher the individual **must** be actively involved in the daily operations of the Dojang! There are other extenuating circumstances that will apply to the individual seeking 5th Degree Black or higher.*

Maturity in rank dictates the individuals readiness to accept the responsibility and obligation of promotion. Standards vary from school to school and style to style; however, Hauth's Taekwondo standards meet or exceed the national standards for rank promotion. If you have any questions or comments with regards to the content of this letter, please give me a call at your earliest convenience.

NOTES

Please take a moment to fill in your ideas, questions, and/or objections that have not been addressed in these requirements. Please keep in mind that these requirements are for consistency; however, there is room for regional or individual school variances. How you interpret this paper and how you respond with these notes is important. There are some cases in which the requirements are changed due to discretionary reasons

Due to turnover in the lower ranks, 1st Degree and 2nd Degree positions are constantly changing. The need for higher rank positions will change with the overall increase in student base. The same holds true for the Instructional staff. There are many tangible requirements that should be followed; however, in some circumstances the intangible will weigh heavily into the overall outcome of the decision to promote. This is not favoritism or bias, this is based on personal commitment and sacrifice to TKD. You may not be able to make the same commitments and sacrifices in the near term; however, your training and teaching goals should be LONG TERM...

List of publications or handouts that can help you in your goal setting:

1. Advanced Packet - Red Belt
2. BB - recommended Letter
3. BB Letter
4. TA/Trainee Letter
5. Instructor Letter
6. BB camp handouts
7. BB Skill/Requirement Book
8. Instructor Handbook
9. Meetings with Mr Hauth

ADULT PROGRESSION

- First Degree Black Belt 2 1/2 yrs 21/2 yrs
- Second Degree Black Belt - Recommended 1 yr 3 1/2 yrs
- Mid Term 2 Months 3 yrs and 8 months
- Second Degree Black Belt - Decided 2 Months 3 yrs and 10 months
- Third Degree Black Belt 2 yrs 6 yrs
- Fourth Degree Black Belt 3 yrs 9 yrs
- Fifth Degree Black Belt 4 yrs 12 yrs

SKILL LEVEL TEST

Name _____ Rank _____

Instructor _____

Date _____ Member # _____ Score _____

1. What is the literal translation of Taekwondo?
2. What is the definition of Han Gil and draw a diagram of each form?
3. What does Cha Um mean?
4. What does Su Yrun mean?
5. What does Yea Jul mean?
6. What does Tong Il mean?
7. What does Bon Bogi mean?
8. What does Bool Kul mean?
9. What does Ap Suki mean?
10. What does Mid Um mean?
11. What does Yong Ki mean?
12. What does Kyoung Jang mean?
13. How many Movements are in each form and what is the reason for keeping the head level?
14. Explain the Student oath and define each bold, significant word. (i.e. Practice, Self Discipline)
15. All strikes (knife hand, back fist) chamber from the
a. top b. bottom c. both
16. Which foot steps out to Jhoon Bee in all forms and which foot returns to attention in all forms?
17. What are your goals in Taekwondo, School, Work, Home and in the Community?
18. All blocks (inner forearm, outer forearm) chamber from the and the 3 aspects of chambering.
a. top b. bottom c. both d. except for the _____
19. List the recommended yells for each form and what is the purpose of the Ki Hop?
20. List all the Korean Words you know and their definitions.
21. Describe the purpose of each of the following:
a. Forms b. One Steps c. Sparring d. Board Breaks e. PDTs f. Sparring Segments
22. What is the name of the famous warrior at the entrance if SOKKUL AM.

23. Describe the Daily Dozen and its benefits.
24. What is the purpose of Taekwondo? 2 possible answers
25. List all the Belts in order and describe the Striping system and describe the uniform stripes on a Black Belt
26. What is the appropriate time in each rank to 9th degree?
27. What date was Taekwondo given its official name and by whom?
28. Name the weekly cycle in an 8 week test and what the conductors job at a Rank Promotion is.
29. List the 5 elements of power and its formula . (include the encompassing element)
30. What are the 4 aspects of a kick, elements of motion (pivot, etc.) and describe each of the following kicks:
 - a. #1 kick
 - b. #2 kick
 - c. #3 kick
 - d. #4 kick
 - e. reverse
 - f. spin
31. List all the kicks and what part(s) of the foot that each kick should strike with.
32. List all the stances and what the width, length, and weight distribution of every stance?
33. All Hand techniques should _____ at the end.
 - a. thrust
 - b. snap
 - c. Twist
 - d. Torque
34. A good way to describe a side kick is
 - a. thrust
 - b. snap
 - c. Twist
 - d. Torque
35. A good way to describe a round kick is
 - a. thrust
 - b. snap
 - c. Twist
 - d. Torque
36. A good way to describe a punch is
 - a. thrust
 - b. snap
 - c. Twist
 - d. Torque
37. A good way to describe a knife hand is
 - a. thrust
 - b. snap
 - c. Twist
 - d. Torque
38. Which areas are considered midsection and describe the effect of hitting it?
39. Which areas are considered high-section and describe the effect of hitting it?
40. If your left moves which hand should be closest to the face? (in reference to Forms)
41. How many pressure points can you name and locate?
42. How long should each form take?
43. In a tournament - List each score and what it means ... i.e. 9 = excellent
44. Who inspired the development of Pressure Points? 500-550 ad
45. Which group inspired the development of Korean Martial arts and name the 3 supporting Dynasties?
46. What is the purpose of a white Dobok and what is the significance and type of the knot on the belt?

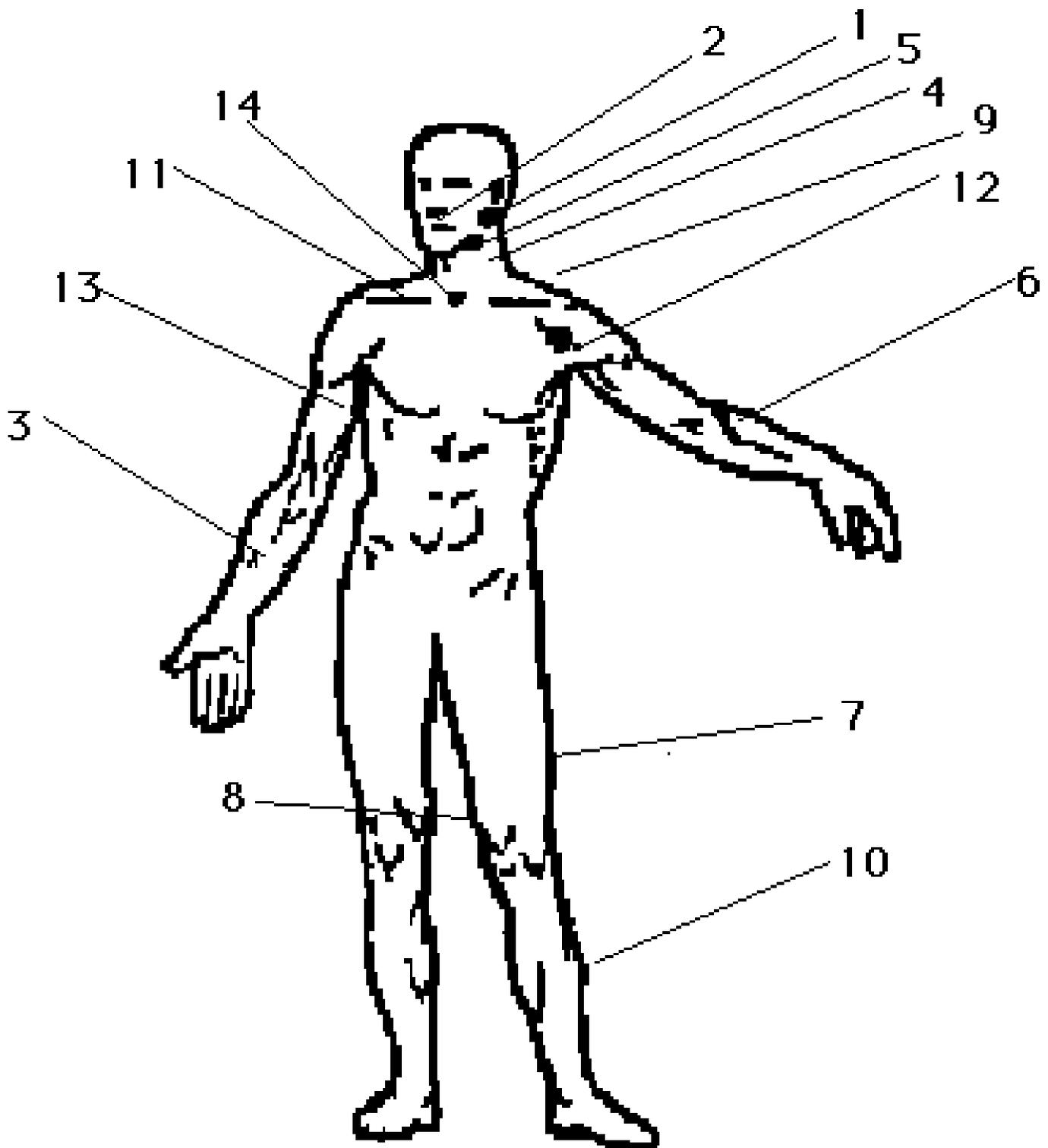
47. Why should the belt be even and which side represents what?
48. Explain the rank system in Taekwondo and why we say sir/ma'am?
49. What are the 4 levels of Aggression, Intimidation and Influence?
50. What is the significance of our feet parallel and even and which side is which?
51. Describe the benefits of Peripheral vision.
52. Explain the striking surfaces of all strikes and which Pressure Points take touch pressure, poke, strike.
53. Explain time on contact and the effects of holding your breath.
54. What are the 3 laws of motion and how does it apply to Taekwondo?
55. Please put in order — Move, Chamber, Look and explain.
56. Define each of the following :
 - a. thrust
 - b. snap
 - c. twist
 - d. torque
 - e. fluid shock wave
57. List the 4 different types of sparring and some of your strategies.
58. List the 4 different types of angles. Draw them out.
59. List the 4 different types of blocking angles. Draw them out.
60. What is the specific benefit of each of the following?
 - a. White-Orange O-S
 - b. Lt-Dk Green
 - c. Blue-Purple O-S
 - d. Level 1 - Level 2 - Level 3 - Level 4 PDT's
61. What are the benefits of general sparring? (i.e. distance from an attacker)
62. What are the benefits and purpose of board breaks?
63. Why should your Wrist be straight? (all the time!) Give an example a strengthening exercise.
64. Describe an Isosceles Triangle and how it relates to Taekwono.
65. List in order what the process of a board break should be .. (i.e. the word through, focus, etc.)
66. Draw out the 12 angles of attack associated with the escrima sticks.
67. Explain the points associated in point sparring, how long each match is, and how many points to win?
68. Define Tired, Can't (can), Integrity, Role Model, Allegory, Metaphor, Perseverance, Excuse, Lie, and Analogy! Also write how these words are significant in your personal training and life. Also define these words in examples or short stories about yourself.

NOTE

The purpose of this test is to evaluate your skill level in the knowledge of Taekwondo. Questions were placed randomly on this test to represent your ability to answer any question asked of you from a student. You may have some difficulty in answering some of these questions, so it is up to you to seek out the appropriate authority on the answers. I encourage questions because without questions then it is assumed that you know all the answers and do not need help. Take your time on this test. It should be completed by the time you test for your 1st Degree Black Belt - D.

Good Luck

Please Label the Pressure Points.



The Following questions can be asked of you in any rank promotion

Explain & Demonstrate

Knot on belt

even belt

even feet

time on contact

distractions

balance and counter balance = chambering

5 elements + speed

steering mechanism

balance displacement

pressure points

joint manipulation

purpose of forms

jhoon bee stances

stances (how many and why)

5 second moves

left side

Keeping our head level

purpose of one-steps

how close & why

purpose of sparring

angles (4)

blocking angles (4)

peripheral vision

purpose of sparring segments

arm base

purpose of pdt's

purpose of board breaks

kinetic energy formula

angle of attack

of kicks

of strikes

of blocks

sequencing techniques

List your goals

EXTRA CREDIT

In your own words, describe each of these concepts.

wh 9 yll 9 or 9 lt gr 9 dk gr blu purpl red 8 brn r/b

NAME

Possible Full Step Promotion		BASICS		RECALL	
DESIRE	PDTs	SPARRING		BOARDS	
		9		9 for 3rd Attempt	
9 = excellent 8 = good 7 = fair 6 = poor		9			

Material below at above
Effort below at above
Technique below at above

wh 9 yll 9 or 9 lt gr 9 dk gr blu purpl red 8 brn r/b

NAME

1/2 Step Promotion		BASICS		RECALL	
DESIRE	PDTs	SPARRING		BOARDS	
		8		7 for 3rd Attempt	
9 = excellent 8 = good 7 = fair 6 = poor		9			

Material below at above
Effort below at above
Technique below at above

- White Belt Form
 - Yellow Belt Form
 - Orange Belt Form
 - Lt Green Belt Form
 - Green Belt Form
 - Blue Belt Form
 - Purple Belt Form
 - Red Belt Form
 - Brown Belt Form
 - Black Belt Form
-
- Stances
 - Strikes
 - Blocks
 - Kicks
 - Meanings / Korean Words
-

- White One Steps
 - Yellow One Steps
 - Orange One Steps
-
- Green One Steps
 - Blue One Steps
 - Purple One Steps
-
- Blue Sparring Segments
 - Purple Sparring Segments
 - Level 1 PDT's
 - Level 2 PDT's
 - Level 3 PDT's
-
- Strikes
 - Strategy
 - Angles
 - Combinations

Date of Rank _____ Eligible _____

Goal

Move up in rank

- Midterm Requirements - All Lower Rank Forms
- X _____
- Current Form
- Level _____ PDT's
- Spar
- Break Boards

Teaching Assistant Stripe - Sleeve

- Midterm Requirements - All Lower Rank Forms
- White - Orange One Steps
- Current Form
- Level _____ PDT's
- Spar
- Break Boards

Teaching Assistant Stripe - Sleeve

- Midterm Requirements - All Lower Rank Forms
- White - Purple One Steps
- Current Form
- Level _____ PDT's
- Spar
- Break Boards

(Junior) Instructor Stripe - Collor and/or lettered Belt

- Midterm Requirements -
- All Lower Rank Forms
- All Lower Rank Material
- Level _____ PDT's
- Spar
- Break Boards

Name _____

Promotion Duties

Rank promotion goes beyond the surface level guise that is understood to be the pitfall of attaining a Black Belt. Therefore it is my intention to outline an *objective* form of evaluation that will unify and simplify the judging process. It will be based on the following point system:

90 = Excellent

80 = Good

70 = Fair

60 = Poor or Average

Excellent = 0 mistakes, crisp, strong moves, focus, realism, concentration, balance, level head, pivot, arm base, correct technique, 5 elements power.

Good = 1-2 mistakes, strong moves, has room for little improvement to move up to an excellent

Fair = 3 mistakes, correct moves, does the material well, but needs improvement.

Poor or average = Continual mistakes, hesitant, confused, or does not look ready to test.

Material needed for promotion:

White - Yellow - Orange Belts

Form and One Steps (any 3)

Lt Green - Dark Green Belts

White Belt Form + Form + One Steps + Sparring (1 Match)

Blue + Purple Belts Level 1

White - Yellow - Orange Belt Form + Form + One Steps + Sparring (2 Matches)

Blue + Purple Belts Level 2

White - Yellow - Orange Belt Form + Form + One Steps + Segments + Sparring (2 Matches)

Red Belts

White - Yellow - Orange - Lt Green Belt Form + Form + PDTs + Sparring (3 Matches) + Boards

Brown Belts

White - Yellow - Orange - Lt Green - Green Belt Form + Form + PDTs + Sparring (3 Matches) + Boards

Red/Black Belts

White - Yellow - Orange - Lt Green - Green - Blue Belt Form + Form + PDTs + Sparring (~ Matches) + Boards

Black Belts

White - Yellow - Orange - Lt Green - Green - Blue - Purple - Red - Brown + Form + PDTs + Sparring (~ Matches) + Boards

Black Belts - TA Level 1

White - Yellow - Orange - Lt Green - Green - Blue - Purple - Red - Brown + Form + PDTs + Sparring (~ Matches) + Boards + White/Yellow/Orange Belt One Steps

Black Belts - TA Level 2

White - Yellow - Orange - Lt Green - Green - Blue - Purple - Red - Brown + Form + PDTs + Sparring (~ Matches) + Boards + White/Yellow/Orange/Lt & Dk Green/Blue/Purple Belt One Steps

Black Belts - Regional Ins - Lettered Belt

White - Yellow - Orange - Lt Green - Green - Blue - Purple - Red - Brown + Form + Sparring (~ Matches) + Boards + All One Steps & Sparring Segments + Level 1-2-3 PDT's

Point System

White	-	140 points	70 & 70
Yellow	-	150 points	80 & 70
Orange	-	160 points	80 & 80
Lt Green	-	300 points	80, 80, 70, 70
Dk Green	-	310 points	80, 80, 80, 70
Blue - Level 1	-	490 points	80, 80, 80, 80, 80, 90
Blue - Level 2	-	580 points	90, 80, 80, 80, 80, 80, 90
Purple - Level 1	-	510 points	90, 90, 80, 80, 80, 90
Purple - Level 2	-	600 points	90, 90, 90, 80, 80, 80, 90
Red	-	670 points	90, 90, 90, 80, 80, 80, 90, 70
Brown	-	760 points	90, 90, 90, 90, 80, 80, 80, 90, 70,
Red/Black	-	850 points	90, 90, 90, 90, 90, 80, 80, 80, 90, 70
Black Belt	-	1100 points	780, 80, 80, 90, 70
TA - Level 1	-	1370 points	810, 80, 80, 80, 80, 80, 90, 70
TA - Level 2	-	1430 points	810, 270, 80, 80, 80, 80, 80, 90, 70
Regional Ins.	-	1830 points	810, 270, 270, 450, 80, 90, 70
Ltter Belt	-	1820 points	810, 270, 270, 450, 80, 90, 70

Rank promotion also involves the grey area known as the *Subjective* form of evaluation. I will now attempt to enlighten the judging process. It will be based on the following principles and criteria:

1. Feedback on class participation and behavior.
2. Feedback from personal instructor.
3. Benefit to student based on results of promotion - will it hinder or challenge.
4. Message to student base.
5. No room for personal feelings.
6. Unique circumstances.

Red Belts and above - Advanced Score Sheets should be utilized in these situations to recap the students testing and evaluation....

**Do the MATH! What scores do
you need to pass your promotion.
Set your sights on getting 9's!**