



## **Bear Path Martial Arts**

**Tae Kwon Do, Chung Do Kwan**

**Timothy Blaylark 3<sup>rd</sup> Dan, Head Instructor**

## **9<sup>th</sup> Gup Test Requirements**

**Promotional Exam from White Belt to 8<sup>th</sup> Gup Yellow Belt.**

Written and or Verbal:

1. The Three Aspects and Five Tenets of Tae Kwon Do.
2. Korean Terminology.
3. Counting in Korean.
4. The meaning of Taeguk Il-Jang.

Physical:

1. Taeguk Il-Jang
2. One Steps
3. Self Defense - Hon Sin Sul
4. Basic Stances
5. Basic Kicks and Hand Techniques
6. Board Break - Kyupka - 1 board hand

You must train the week prior to your test or you NOT be allowed to test.  
Proper uniform/dobok is required for testing.

**When one is prepared, luck is not a factor.**



## **Bear Path Martial Arts**

**Tae Kwon Do, Chung Do Kwan**

**Timothy Blaylark 3<sup>rd</sup> Dan, Head Instructor**

### **Korean Counting:**

- 1 - Hana
- 2 - Tul
- 3 - Set
- 4 - Net
- 5 - Tasot
- 6 - Yosot
- 7 - Ilgop
- 8 - Yodol
- 9 - Ahop
- 10 - Yol
- 11 - Yol Ha-na
- 20 - Sumul
- 21 - Sumul Ha-na
- 30 - Sorun
- 100 - Baik
- 101 - Baik H



## For Yellow Belt

### counting

---

hana	one
tul	two
set	three
net	four
tasot	five
yosot	six
ilgop	seven
yodolp	eight
ahop	nine
yol	ten
yol-hana	eleven
yol-tul	twelve
yol-set	thirteen
yol-net	fourteen
yol-tasot	fifteen
yol-yosot	sixteen
yol-ilgop	seventeen
yol-yodolp	eighteen
yol-ahop	nineteen
sumul	twenty
sorun	thirty
mahun	fourty
shween	fifty
yesun	sixty
irun	seventy
yodun	eighty
ahun	ninety

## For Yellow Belt

### Stances

---

soghi	Stance
ap soghi	Front Stance
ap kubi soghi	Front Wide Stance
dwi soghi	Back Stance
dwi kubi soghi	Back Wide Stance
juchoom soghi	Horse Stance
kibon junbi soghi	Ready Stance

### Kicks

---

chagi	Kick
apchagi	Front Kick
yopchagi	Side Kick
dollyochagi	Round(house) Kick

### Blocks

---

maki	Block
Montong Maki	Inside Block

### Punches

---

chigi	punch
apchigi	front punch
doo bun chigi	double punch

## Misc Termonology

---

Tae Kwon Do	the way (art) of hand and foot
Dobok	uniform
Dojang	school
Gamsa	
Hamnida	Thank You
Sejak	Begin
Gu-man	Stop
Baro	Return
Cha-ryot	Attention
Kyung-rye	Bow
Taek Kyon	ancient art, one of two precursors to TKD
Subak	ancient art, one of two precursors to TKD

## For Yellow Belt

---

### Helpful Hints

---

general rule for a front technique: **Ap** + technique  
general rule for a side technique: **Yop** + technique  
general rule for a back technique: **Dwi** + technique

so a front stance is: **Ap Soghi**  
and a side kick is: **Yop Chagi**  
and a back stance is: **Dwi Soghi**

### Philosophy of Taeguk Il-jang

---

Powerful, Manly, Pure Yang  
Air is forecful and direct. Often flowing around, but still striking with much force; in your face

### Three Aspects of TKD

---

Strength  
Training  
Flexibility

### Five Tenets of TKD

---

Courtesy  
Humility  
Perserverance  
Loyalty  
Indomitable Spirit



## Bear Path Martial Arts

Tae Kwon Do, Chung Do Kwan

Mr. Timothy Blaylark 3<sup>rd</sup> Dan Head Instructor

Written Test

9<sup>th</sup> Gup White to 8<sup>th</sup> Gup Yellow Belt Promotional Exam

Name \_\_\_\_\_ Date \_\_\_\_\_

1. Explain the philosophy of Taeguk Il-Jang and how it affects the way the Poomse should be performed.
  
  
  
  
  
  
  
  
  
  
2. Write the English Translation for the following terms:
  - A. Tae Kwon Do \_\_\_\_\_
  - B. Ap Chagi \_\_\_\_\_
  - C. Dobok \_\_\_\_\_
  - D. Dojang \_\_\_\_\_
  - E. Gamsa Hamnida \_\_\_\_\_
  
3. Write the Korean translation for the following terms:
  - A. Begin \_\_\_\_\_
  - B. Stop \_\_\_\_\_
  - C. Return \_\_\_\_\_
  - D. Attention \_\_\_\_\_
  - E. Bow \_\_\_\_\_
  
4. Name the two styles of ancient Korean Martial Arts that modern Tae Kwon Do developed from.
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_