**Starkville TaeKwonDo**

**GRAY BELT STUDY SHEET**

TERMINOLOGY:

Candidates for Gold Belt must know all terminology from the Yellow Belt Sheet plus the following:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Left |  | Wen | Twin Forearm Block |  | Sang Palmok Marki |
| Right |  | Woo | Rising Block |  | Chukyo Marki |
| Knife Hand Block |  | Sudo Marki | Knife Hand Strike |  | Sudo Taerigi |
| High Punch |  | Sangdan Chirugi |  |  |  |

TECHNIQUES:

Candidates for Gold Belt must know all techniques from the Yellow Belt Sheet plus the following:

Knife Hand Block

High Punch

Twin Forearm Block

Rising Block

SELF DEFENSE:

Release from double shoulder grab

Release from left shoulder grab

Release from right shoulder grab

Release from rear shoulder grab

COMBINATIONS:

Front kick to reverse punch

Side kick to reverse punch

Double spear-finger to knee kick

Deflection to double knife-hand strike

FACTS:

1. Father of American TaeKwon-Do: Grandmaster Jhoon Rhee

2. Founder of the Midsouth Martial Arts Association: Grandmaster Frank Sanders

3. Founder of the Superfoot System: Grandmaster Bill Wallace

4. TaeKwon-Do comes from Korea

5. TaeKwon-Do literally translates as:

THE WAY OR METHOD OF DESTROYING WITH THE HANDS AND FEET.

Candidate must:

Know all facts from Yellow Belt Study Sheet

Be able to execute any 2 TaeKwonDo techniques in fluid combination

Be able to walk through and recite the techniques of Chon-Ji and Tan-Gun

Spar as a Yellow Belt and Gold Belt

**Candidate must recite the meaning of and perform the patterns:**

**Chon-Ji**: (19 movements, 2 kihaps) – Heaven and Earth

**Tan-Gun**: (21 movements, 3 kihaps) – Named after the holy Tan-Gun, the legendary founder of Korea in 2333 B.C.