**Starkville TaeKwonDo**

**ORANGE BELT STUDY SHEET**

TERMINOLOGY:

All terminology from white to gold belt, plus the following:

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| --- | --- | --- | --- | --- | --- |
| High |  | Sangdan | Riding Stance |  | Kima Sagi |
| Middle |  | Chungdan | Back Stance |  | Fugul Sagi |
| Low |  | Hardan | Front Stance |  | Chongul Sagi |
| Side |  | Yop | Spreading Block |  | Haecho Marki |
| High Back Fist |  | Sangdan Yikwon | Front Kick |  | Ap Chagi |
| Pattern |  | Hyung | Elbow Strike |  | Palkumchi Taerigi |
| High Forearm Block |  | Sangdan Palmok Marki | Middle Spear Finger |  | Chungdan Kwansu |
| Reverse Punch |  | Pandae Chirugi |  |  |  |

TECHNIQUES:

Candidates for Orange Belt must know all techniques from white to gold belt, plus the following:

Spreading Block

Middle Spear Finger

Spinning Back Fist Strike

Candidate must:

Know all facts and techniques from Yellow and Gold Belt Study Sheet

Be able to execute any 3 TaeKwonDo techniques in fluid combination

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

Spar as a Gold Belt and Orange 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) – The legendary founder of Korea in 2333 B.C.

**To-San**: (24 movements, 3 kihaps) – is a pseudonym of the patriot Ahn Chang-ho. The 24 movements represent his entire life, which he devoted to furthering education in Korea and the Korean independence movement.