

Starkville TaeKwonDo

ORANGE BELT STUDY SHEET

TERMINOLOGY:

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

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

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.