

# Gold Belt

## Examination requirements

1 Of 3

### Belt Concept: Flexibility and Gentleness

#### RED STRIPE

##### A. Technical 4 Count Side Kick

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1. Knee inside kick fold (chamber) | 3. Refold side kick (re-chamber) |
| 2. Side kick extension and lock    | 4. Foot down                     |

##### B. Technical 3 Count Round Kick

- |                                 |              |
|---------------------------------|--------------|
| 1. Round kick fold              | 3. Foot down |
| 2. Round kick Snap and re- fold |              |

#### GREEN STRIPE

##### C. Blocks and Counter (white belt counter)

Offense (attacker) = Step forward first in guarding stance with left foot and loud yell.

Defense (defender) = Responds and step back with right foot in guarding stance and loud yell.

Offense	Defense	Offense
Offensive front punch	Block and back punch	Black and back punch
Offensive back punch	Block and back punch	Block and back punch
Offensive front kick	Step back block down back punch	Block and back punch
Offensive side kick	Step back block down back punch	Block and back punch
Offensive round kick	Step back with right foot, block with left hand defensive round kick with left leg	Black with left hand and back punch

#### BLUE STRIPE

##### D. Combinations

Defensive techniques = executed in a stationary position

Offensive technique = executed with a front foot step

(Each combination will be executed in defensive and offensive position to the left and to the right)

- |                        |                      |
|------------------------|----------------------|
| 1. Back fist           | Yikwon               |
| 2. Back leg front kick | Deet Bal Ap Chagi    |
| 3. Back leg side kick  | Deet Bal Yop Chagi   |
| 4. Back leg round kick | Deet Bal Tolyo Chagi |
| 5. Ridge hand          | Yok Sudo             |

#### YELLOW STRIPE

##### E. “Jayoo” (Freedom) Performed to the music “Stars and Stripes Forever”

Note: Minimum 30 lessons  
Korean Terminology  
All previous belt requirements

# You must have Safe-T Chest Guard