

# Gold Belt Testing for Gold Stripe Belt

## Questions

*Why do we practice breaking boards?*

**We practice breaking to develop power, precision, concentration, and to actually test the effectiveness of various techniques.**

*Why do we use control in free sparring?*

**We practice control in free sparring to demonstrate mental discipline and physical control of ourselves. It is much more difficult to control one's technique than it is to make contact. Control in free sparring will build self confidence which indicates a strong mind.**

## Terminology

### English

Double Knife Block  
Turn Around  
Come Back  
Flag  
Back Stance  
Form

### Korean

Sun Nahl Makki  
Tee Doh Trah  
Bah Row  
Kuk Key  
Dweet Coo Bee  
Poom Say

## Hand Techniques

- 1) Single Knife Block, Slide to Punch
- 2) Palm Strike

## Kicking

- 1) Back Kick, Round Kick
- 2) Skip Round Kick (Fast Kick), Out to In Ax Kick
- 3) Jumping Skip Side Kick\*\*

## Form

Taeguk Il Jang

## Breaking

1 Target - Palm Strike or Skip Side Kick

## Experience:

Minimum 12 Classes

**\*\* Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**