

# 9th Geub - High White Belt

## I. Korean Language

- A. Counting
  - 1 - Hah Nah
  - 2 - Dool
  - 3 - Set
  - 4 - Net
  - 5 - Dah Sawt
  - 6 - Yah Sawt
  - 7 - Eel Koeb
  - 8 - Yaw Dawl
  - 9 - Ah Hoeb
  - 10 - Yawl
- B. Attention - Chah Lyawt
- C. Flag - Kook Kee
- D. Ready - Joon Bee
- E. Concentration Yell - Kee Hahp

## II. Basic Moves

- A. Horseback riding stance with punch (low, middle, high)
- B. Low block, high block, inside middle block and outside middle block from ready stance
- C. Front hand punch and reverse punch from sparring stance

## III. Kicks

- A. Stretch kick
- B. Front snap kick
- C. Round house kick
- D. Side kick

## IV. Forms

- A. Tae Kihk Eel Jahng
  - 1. Starting from ready stance, look to your left, ready your arms for left **low block** and slide your left foot toward your left and then turn 90 degrees into **walking stance** while executing block.
  - 2. Step forward into a right **walking stance** while executing a right **middle punch**.
  - 3. Look over your right shoulder, ready your arms for right **low block**, lift your right foot and step back then turn 180 degrees into **walking stance** while executing block.
  - 4. Step forward into a left **walking stance** while executing a left **middle punch**.
  - 5. Look to your left, ready your arms for left **low block** and slide your left foot to your left then turn 90 degrees into a **front stance** while executing the block and then, without stepping forward, execute a right **middle punch**.
  - 6. Look to your right, ready your arms for left **inside middle block** and slide your right foot 90 degrees to right **walking stance**, while executing block.
  - 7. Step forward into a left **walking stance** while executing a right **middle punch**.
  - 8. Look over your left shoulder, ready your arms for right **inside middle block**, lift your left foot and step back then turn 180 degrees into **walking stance** while executing block.
  - 9. Step forward into a right **walking stance** while executing a left **middle punch**.
  - 10. Look to your right, ready your arms for right **low block** and slide your right foot to your right then turn 90 degrees into a **front stance** while executing the block and then, without stepping forward, execute a left **middle punch**.

11. Look to your left, ready your arms for left **high block** and slide your left foot 90 degrees to left **walking stance** while executing block.
12. Execute a right **front snap kick**, then (without bringing the kicking leg down) step into a right **walking stance** while executing a right **middle punch**.
13. Look over your right shoulder, ready your arms for right **high block**, lift your right foot and step back then turn 180 degrees into **walking stance** while executing block.
14. Execute a **left front snap kick**, then (without bringing the kicking leg down) step into a left **walking stance** while executing a left **middle punch**.
15. Look to your left, ready your arms for left **low block** and without moving your feet pivot to your right then step forward into left **front stance** while executing block.
16. Step forward into a right **front stance** while executing a right **middle punch** and Kee Hahp.