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## HALF WHITE & HALF YELLOW WITH ONE BLUE STAR

Signifies the future Black Belt's determination to set up a powerful goal to be a Black Belt.

### PATTERN

Chon-Ji Means literally the "Heaven and Earth". (*First 8 movements of pattern.*)

### TECHNIQUES

Side Piercing Kick

### SPARRING

Moving: side step (direct)

### SELF DEFENSE

What does it mean to avoid a situation?

Stand tall

### THEORY

- Preparation and purpose of techniques
- Describe an L Stance
- Student Oath (Numbers 4-5)
  4. I will be a champion for freedom and justice
  5. I will build a more peaceful world

### TEST REQUIREMENTS

32 credits minimum

Report one good thing you did last week

Report one thing you can improve upon

Approval of Parent(s) – child's behaviour at home

Letter from your parent(s), or parent present at the test

Letter from your school teacher