
HALF WHITE & HALF YELLOW WITH TWO BLUE STARS

Signifies that the future Black Belt is on his or her way to achieving a Black Belt.

PATTERN

Chon-Ji Means literally the “Heaven and Earth”. There are 19 movements in this pattern.

TECHNIQUES

Middle Inner Forearm Block in an L Stance

Combination kicks

SPARRING

Approaching hop and slide (no kick)

SELF DEFENSE

How to fall

THEORY

- Preparation and purpose of techniques
- The meaning of Chon-Ji
- Number of movements in Chon-Ji
- Parent’s work/cell phone number

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