

Promotion Requirments for 8th gup	
Hyung: Gi Cho Hyung Il Bu, Gi Cho Hyung E Bu	
Hand Technique:	
Soo Do Mahk Kee (Knife Hand Block)	
Ahneso Pahkuro Mahk Kee (Inside to Outside Block)	
Tuel Oh Choong Dan Kong Kyuk (Reverse Center Punch)	
Tuel Oh Sang Dan Kong Kyuk (Reverse High Punch)	
Foot Technique:	
Dollyo Cha Gi (Roundhouse Kick - stepping)	
Dollyo Cha Gi (Roundhouse Kick - rear leg)	
Dollyo Cha Gi (Roundhouse Kick - front leg)	
Il Soo Sik: : Il Bon / E Bon *Children: Il Bon	
Ho Shin Sool: Cross hand wrist grab - Il Bon <i>same for children</i>	
Sparring Combinations: White Belt: Sam Bon - O Bon <i>(combinations are optional - for extra credit)</i>	
Kyok Pa: None required	
Expectations of Performance	
Proper stance and Shi Sun	
Proper placement of elbows in intermediate and completion position for hand techniques	
Proper placement of knee in chamber position for kicking techniques	
Proper striking of the weapon in hand and foot techniques	
Proper protocol within the studio (dojang)	
Culture, Terminology, and History	
What is your favorite of the 8 Key Concepts and how does it help you in your daily life (school, work, spirit, etc.)?	
8 Key Concepts	
Belt Colors & Meaning	
Instructor: Sa Bom Nim / Kyo Sa Nim / Jo Kyo Nim	
Courage	
Seniors / Juniors: Sun Beh / Huh Beh	
Essay: Importance of One or More of the Key Concepts	
Written Test: Meaning of Belt Colors	
Community Service/President's Vision Tour (PVT) Activities: 2 hours	
Test Fee: \$28	
Minimum Training Requirement Since Last Test: 2 Months/16 hours	

Essay, written test, community service form, testing fee due 6 days before test.

Name _____ Age ____ Gup ID # _____ Approved by _____ Date _____