

PRECISION TAE KWON DO
BELT TESTING TERMINOLOGY & THESIS SUBJECTS:

These are the terminology requirements for each belt rank. You must practice these words as it is part of the oral component of your test. The underlined subject(s) with your terms are subjects you must write about and bring to your belt test along with your testing forms.

Yellow Belt

Kooki - National Flag
Sa bom nim - Instructor
Do bok - Uniform
Do jang - Gymnasium
Charyut - Attention

Advanced Yellow Belt

Kyung yea - Bow
Joonbi - Ready
Si-jahk - Begin
Geuman - Finished
Baro - Go back to joonbi
Mental Training Subject: Do - Way of life
Must Know Student Creed #1

Orange Belt

Si yo - At Ease
Poomse - Pattern or Form
Ho sin sul - Self Defense
Kyok pa - Breaking
Kyurooki - Free Sparring
Mental Training Subject: Jon Kyung - Respect
Must Know Student Creed #2

Advanced Orange Belt

Han bun kyurooki - 1 Step Sparring
Du bun kyurooki - 2 Step Sparring
Se bun kyurooki - 3 Step Sparring
Yak sok kyurooki - Sparring Under Promise
Seogi - Stance
Kyurooki seogi - Sparring Stance
Mental Training Subject: Soon Jong - Obedience
Must Know Student Creed #3

Green Belt

Moa seogi - Close Stance

Pyonhi seogi - Open Stance

Naranhi Seogi - Parallel Stance

Joonbi seogi - Ready Stance

Joochoom seogi - Horse Riding Stance

Ap seogi - Front Stance or Walking Stance

Ap koobi seogi- Forward Stance or Long Forward Stance

Dwit koobi seogi - Back Stance

Beom seogi - Cat Stance

Niumja seogi - L Stance

Koa seogi - X Stance or Twist Stance

Haktari seogi - Crane Stance

Mental Training Subject: In Nae - Patience

Physical Training Subject: Yaksok Ho Sin Sul - Practicing Self Defense

Must Know Student Creed #4

Advanced Green Belting

Mikeureumbal seogi - Sliding Stance

Jajeeunbal seogi - Skip Stance

Mook nyum - Meditation

Sung sil - Faithful

No ryiock - Persistence

Hyup dong - Co-operation

Gam sa - Appreciation

Nioo shim - Empty Mind

Mental Training Subject: Guekgee - Discipline

Physical Training Subject: Kyurooki - Sparring

Blue Belt

Kuek ki - Discipline

Shim nyum - Confidence

Jon kyung - Respect

Choong sung - Loyalty

Yoong ki - Fighting Spirit

Seung ni - Victory

Hea sang - Sacrifice

Sa rang - Love

Pyung hya - Peace

Mental Training Subject: Gyum Son - Modesty

Physical Training Subject: Kyuk Pa - Breaking

Advanced Blue Belt

Ja yun goe hya - Harmony of Nature

Cho shim - Beginner's Mind

Shi gong - Beginning of the Universe

Sun sang nim - Addressing the Teacher

Sa mo nim - Addressing the Teacher's Wife

Kan jang nim - Chief Instructor

Sa bum nim - Instructor

Kyo sa nim - Assistant Instructor

Sun bae nim - Higher Rank

Hoo bae - Lower Rank

Mental Training Subject: Shim Nyum - Self Confidence

Physical Training Subject: Ki Hap - Spirit Yell

Red Belt

Je ja - Student

Um - Negative Power

Yang - Positive Power

Tae guk - Indicates the Whole World

Pyung ahn - Get in Peace

Hap jang - Palms Together

Sim ma um - Heart/Mind

Sin mom - Body Physical

Su ryun - Martial Arts Training

Jung sin tong il - Complete Concentration

Physical Training Subject: Hoo Hup - Breathing Control

Thesis Subject: Moogong Ryu - Oath and Basic Class Rules

Advanced Red Belt

Ha sah bool Sung - Nothing is Impossible

Gam sah ham ni da - Thank you

An nyung ha shin ni ka - Hello

Ah nyung hi ga ship si oh - Good bye

Ohreun - Right

Wen - Left

Geudeureo makki - Fist of One Arm Supports the Other Arm by the Elbow

Sonna-bakat makki - Block with Knife hand, from insider Outside

Sonnal mok anchigi - Knife Strike to Neck

Mental Training Subjects: Shin Eui - Make Trust in Someone's Mind

Thesis Subject: Moogong Ryu - Five Privileges and Duties

Red/Black Combination Belt

Mental Training Subject: Choong Sung - Loyalty

Thesis Subject: Instructors Guidelines

Choose 10 Words from other terms page that are not in bold.

Assistant Black Belt

Thesis Subject: Senior Belt's Responsibilities

Thesis Subject: Guengee - Warrior in Combat. Known today as Competition.

Choose 10 Words from other terms page that are not in bold.

1st Dan Black Belt

Mental Training Subjects: Gyul Dan - Strong Decision

Thesis Subject: Martial Arts and My Life

Choose 10 Words from other terms page that are not in bold.