**Invitation to Grade**

**Testing Requirements**

**Red with Black Stripe** (1st Gup)

$50 testing fee must be attached to this form and submitted prior to

testing date! **(all fees must be up to date in order to test!)**

Testing Date: \_\_\_\_\_\_\_\_\_\_ Instructor’s initials to approve testing: \_\_\_\_\_\_\_

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Assignment:**

 Write an essay on one of the following. Include what it means to you and how it applies to your life. Choose a topic that you have not previously chosen.

 \*Dragon Warriors (10-12) write a 500 word paragraph

 \*Adult / Teens (13+) write a 1000 word essay

 - Courtesy

- Integrity

 - Perseverance

 - Self Control

 - Indomitable Spirit

- Self Confidence

 - Dissolving Ego

 - Leadership

**Poom’se:**

Taegeuk Il Chong – Meaning: Heaven and Light

Taegeuk Ee Chong – Meaning: Joy

Taegeuk Som Chong – Meaning: Fire and Sun

Taegeuk Sa Chong – Meaning: Thunder

Taegeuk Oh Chong – Meaning: Wind

Taegeuk Yuk Chong – Meaning: Water

Taegeuk Chil Chong – Meaning: Mountain

Taeguek Pil Chong – Meaning: Earth

-Able to demonstrate proficiency

-Know the name and purpose of each movement

-Know the Basic Fundamentals

-Know Advanced Fundamentals

-Know 7 ways to apply a kick

**Korean Terminology:**

Attention: Che-dee-yet

Bow: Kyoung-yet

Ready: Chim-bee

Return to ready position: Pa-doe

At ease: Shult

Shout of Enthusiasm: Gi-yup

Turning: Tol-dah-sult

Count to ten: hana, dul, set, net, dasot, yasot, ilgup, yodul, ahop, yeol