**Application For Promotion**

**Testing Requirements**

**Black Stripe Belt** (1st Gup)

Taeguek Pal Jang -- Pattern Eight

Land; Symbolizes a source of growth, creation and destruction

**$55 testing fee**

If not attached to this form it will be added to monthly fees

Testing Date: \_\_\_\_\_\_\_\_\_\_

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

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

All students should know the meaning of their patterns!!

See Assignment on next page.

**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** (9-12)write a 500 word **hand written** essay

 **\*Adult / Teens** (13+) write a 750+ word **hand written** essay

 - Courtesy

- Integrity

 - Perseverance

 - Self Control

 - Indomitable Spirit

- Self Confidence

 - Dissolving Ego

 - Leadership

**Poomsae:**

Taegeuk Il Jang - **Meaning:** Birth and Beginning; Symbolizes the root of all things

Taegeuk Ee Jang - **Meaning:** Pond; Symbolizes being soft on the outside, yet strong on the inside

Taegeuk Sam Jang - **Meaning:** Fire and Sun; Symbolizes heat, brightness and energy

Taegeuk Sa Jang - **Meaning:** Thunder; Symbolizes great strength and majesty

Taegeuk Oh Jang - **Meaning:** Wind; Symbolizes calm and authority

Taegeuk Yuk Jang – **Meaning:** Water; Symbolizes endless flow and flexibility

Taegeuk Chil Jang – **Meaning:** Mountain; Symbolizes mass and firmness

Taeguek Pal Jang – **Meaning:** Land; Symbolizes a source of growth, creation and destruction

-Able to demonstrate proficiency

-Know the Basic Fundamentals

-Know Advanced Fundamentals

-Know 7 ways to apply a kick