**Testing Requirements**

**Blue Star – Star Seogi (Stance) Set**

$5 fee for this test

**If you think you are ready to test, Please see Mr. Bain or Miss. Hannah before or after class for pre-testing.**

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

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

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

**Star Seogi (Stance) Set:**

-Student must be able to perform Star Seogi (Stance) Set from beginning to end without coaching from the instructor.

-Student must call out each technique in a clear, loud voice.

1. **Chimbee Stance.** Feet shoulder width apart, pointing forward with open palms scooping from belt level to chest level moving down into tight fists at front of belt. Eyes looking forward, loud Giyup.
2. Stepping forward with right leg into **Walking Stance** with feet shoulder width apart with double Low Blocks at sides.
3. Moving right leg forward into **Square Stance** with feet shoulder width apart and two shoulder widths in length. Front knee bent and back knee locked with double Low Blocks at sides.
4. Move rear leg into **Back Stance**. Feet shoulder width apart, forming the letter “L” at the heels. Both knees are bent, body is turned sideways and looking forward in the same direction as front foot is pointing. Double Low Blocks at sides.
5. Slide front foot towards rear foot into **Tiger Stance.** Bring front foot up onto ball of foot, six inches distance between heels. 90% of weight is on rear foot. Double Low Block at sides.
6. Step out with right foot into **Sitting Stance.** Feet shoulder width + ½ pointing forward. Knees bent, tight fists chambered at belt, loud Giyup.
7. Padoe, back into Chimbee position.
8. Techniques 2 through 7 repeated with left leg forward.

**Testing Tips:**

-Be enthusiastic (speak loud, use power in movements, smile)

-Clean, un-wrinkled uniform

-Long hair tied back

-Finger and toe nails trimmed and clean

-KNOW YOUR STUFF! COME PREPARED!

**“Perfect Practice Makes Perfect”**