

Milan-Midwest Tae Kwon Do

Geup Requirements

(10th geup testing for 9th geup)

Minimum Time: 6 weeks-8 weeks

Fundamentals:

Low block	Front Up Stretch	Inside Block	Round Kick	Forward Stances
Low Punch	Front Snap Kick	Outside Block	Cross behind side stretch	Back stances
High Block	Inside crescent	Side Chop	Cross behind side kick	
High Punch	Outside crescent	Dbl. Forearm Guard	Horse riding stances	

Sparring Fundamentals:

Bouncing	Shuffle Forward/ Shuffle Backward
Switching	Sparring Guard

Poomse:

Ki Cho Il - Beginner form one
1st basic pattern

One Step Sparring: 5 one steps: must include inside block, outside block, front kick, round kick, punch
Right hand challenge only

Tae Kwon Do/ School Knowledge:

- 1.) Tae Kwon Do: Tae is to strike with the foot, Kwon is to strike with the hand, Do is 'the way'.
Tae Kwon Do means "The way of Foot and Hand"
- 2.) The style of Tae Kwon Do we study is **Chung Do Kwan** which means "The way of the Bluewave" or "Bluewave School"
- 3.) Tae Kwon Do originated in **Korea**
- 4.) The Korean word for training area is **dojang**
- 5.) The Korean word for uniform is **dobok**
- 6.) The Korean word for belt is **dee**

Milan-Midwest Tae Kwon Do

Geup Requirements

(9th geup testing for 8th geup)

Minimum Time: 6 weeks-8 weeks

Fundamentals: *all earlier requirements apply

Low block	Front Up Stretch	Inside Block	Round Kick
Low Punch	Front Snap Kick	Outside Block	Cross behind side stretch
High Block	Inside crescent	Side Chop	Cross behind side kick
High Punch	Outside crescent	Dbl. Forearm Guard	

Students must show: Forward Stance, Back Stance, Horse Riding Stance and Walking Stance

Sparring Fundamentals: *all earlier requirements apply

Power Roundhouse kick	Pivot step Forward
	Pivot step Backward

Poomse: *all earlier poomse apply

Ki Cho Yi - Beginner form two

One Step Sparring: *all earlier requirements apply

Minimum of 5 one steps: must include high block, side kick, side chop, crescent kick
Right hand challenge only

Tae Kwon Do/ School Knowledge:

- 1.) The Korean word for thank you is “**com sa hap ni da**”
- 2.) **Geup** means student rank, **Poom** means junior black belt and **Dan** means adult black belt
- 3.) Students should know to count to 10 in Korean
- 4.) We do one-steps to learn **focus and control**
- 5.) We don't wear shoes on the floor for cleanliness, custom (leaving problems at the door), balance and safety.
- 6.) Another name for the America flag is “**Old Glory**” and another name for the Korean flag is “**Taekukki**”

Milan-Midwest Tae Kwon Do

Geup Requirements

(8th geup testing for 7th geup)

Minimum Time: 2 months

Fundamentals: *all earlier requirements apply

Double knife hand block	Reverse inside block in a walking stance
Pivot side kick	Outside sonnal block/reverse punch
Jump front snap kick	Horse riding stances
Forward Stances	Stance differentiation back stance to forward stance
Back Stances	Walking stance

Sparring Fundamentals: *all earlier requirements apply

Open/closed stance
Shuffle back- power roundhouse kick
Fast kick

Poomse: *all earlier poomse apply

Tae Geuk Il Jang - Concept of **Keon** from the Book of Changes. Keon is the creative force that inhabits all physical forms. From **Heaven** comes rain and from the sun comes **light**. These elements are the beginning of life. It is powerful and aggressive.

One Step Sparring: *all earlier requirements apply

Minimum of 10 one steps: must include pivot side kick, cross round kick, tiger mouth
Right hand challenge only

Contact Sparring: Use of sparring fundamentals

Tae Kwon Do/ School Knowledge:

- 1.) The 5 tenets of taekwondo are **courtesy, integrity, perseverance, indomitable spirit** and **self control**.
- 2.) Student must be able to show they can tie their belt themselves.
- 3.) **Cheryut** means to come to attention, **Kyung yea** means to bow, **Anjo** means to sit, and **Eedo so** means to stand.
- 4.) We bow in class as a greeting, as a sign of respect for others and as a thank you.
- 5.) We say '**sir**' and '**maam**' in class to show respect for others.

Milan-Midwest Tae Kwon Do

Geup Requirements

(7th geup testing for 6th geup)

Minimum Time: 2 months

Fundamentals: *all earlier requirements apply

Double knife hand block	Reverse inside block in a walking stance
Pivot side kick	Outside sonnal block/reverse punch
Jump front snap kick	Horse riding stances
Forward Stances	Walking stance
Back Stances	

Students must show: Transition from back stance to forward stance

Sparring Fundamentals: *all earlier requirements apply

Stationary cut kick
Side step
Shuffle forward- power round house kick

Poomse: *all earlier poomse apply

Tae Geuk Yi Jang- Concept of **Tae** from the Book of Changes. Not aggressive but uplifting. It is symbolized by the image of a **lake** which is calm and **joyful**. The beginner student realizes their limitations but does not struggle against them. Learning should come with more ease.

One Step Sparring: *all earlier requirements apply

Minimum of 10 one steps: must include jump front kick, side chop reverse punch combination
Right hand challenge only.

Contact Sparring:

Use of sparring fundamentals

Breaking:

Front snap kick/ side hammer fist (thrown like a side chop but with a closed hand)

Essay: "Why I am taking Tae Kwon Do and how it's Helped Me"

* Note to parents and students: Essay should be neatly written or typed. Approximate length should be ½ page. We encourage you to put thought and effort into this requirement.

Tae Kwon Do/ School Knowledge:

- 1.) The four trigrams (kwae) on the Korean flag are Heaven & Light, Earth, Water, and Fire & Sun
- 2.) The stars on the American flag represent the individual states, the 13 stripes represent the 13 original colonies, red symbolizes courage, white symbolizes purity, blue symbolizes vigilance and perseverance.

Milan-Midwest Tae Kwon Do

Geup Requirements

(6th geup testing for 5th geup)

Minimum Time: 3 months

Fundamentals: *all earlier requirements apply

Shuffle front snap kick Spin side kick
Shuffle round kick Cross behind hook kick
Shuffle side kick Horizontal elbow

Sparring Fundamentals: *all earlier requirements apply

Cover punch
Back kick Pada chagee

Poomse: *all earlier poomse apply

Tae Geuk Som Jang- Concept of **Ri** which means **Fire & Sun**. Movements emulate the qualities of fire; flickering energy and unpredictable pace. Only Man knows how to control fire as a means of light, warmth and hope.

One Step Sparring: *all earlier requirements apply

Minimum of 10 one steps: must include spin side kick, shuffle kick, elbow
Right hand challenge only.

Contact Sparring:

Use of sparring fundamentals

Breaking:

Cross behind side kick/ round kick

Tae Kwon Do/ School Knowledge:

- 1.) The headquarters of TKD is called the **Kukkiwon** and is located in Seoul, South Korea
- 2.) We **kiap** for breath control, to tighten abdominal muscles, to generate more power, to feel comfortable yelling if we need to yell for help and as a shout of enthusiasm (spirit shout).

Milan-Midwest Tae Kwon Do

Geup Requirements

(5th geup testing for 4th geup)

Minimum Time: 3 months

Fundamentals: *all earlier requirements apply

Pivot hook kick Spear hand (with check)
Jump Round kick Back fist (in a front stance)

Sparring Fundamentals: *all earlier requirements apply

Double round (both legs kick) Shuffle Axe kick Fast Cut kick (used offensively from a closed stance)

Poomse: *all earlier poomse apply

Tae Geuk Sa Jang- Concept of **Jin** which means **Thunder**. Thunder brings an element of fear and trembling. After the passing of the thunderstorm, the earth is left nourished and renewed. This is so in our lives. The element of fear and trembling we feel in our lives gives us courage and a stoic nature.

One Step Sparring: *all earlier requirements apply Right hand / Left hand challenge

Unspecified number of one steps: including cross behind hook, jump round, spear hand, back fist

Self Defense: Hold breaks

-Single wrist -Bear Hug
-Headlock

Contact Sparring: Use of sparring fundamentals

Breaking: horizontal elbow/ spin side kick

Tae Kwon Do/ School Knowledge:

- 1.) The founder of Chung Do Kwan is **Won Kuk Lee**
- 2.) **Joonbi** means ready stance
- 3.) **Baro** means return to ready
- 4.) **Komon** means stop
- 5.) **Kaysok** means continue
- 6.) **Chung** is blue and **Hong** is red

* **Note to parents and students:** By this rank, students should be aware that other requirements are needed before black belt can be achieved.

- Participation in 2 demonstrations
- Participating in 2 tournaments (1 minimum in which you spar)
- 25 hours of instructing (if 15 or older)
- 2 acts of community service
- Physical requirements
 - Jumping Jacks (goal to black belt: 100 in 2 minutes)
 - Push Ups (goal to black belt: 50 in 2 minutes)
 - Mountain Climbers (goal to black belt: 50 in 2 minutes)
 - Full body crunches (goal to black belt: 50 in 2 minutes)
 - Heart conditioning/Running (goal to black belt: 15 min. mile)

Students should obtain the necessary log forms from the website and begin gathering this information as soon as possible for their portfolio. Regarding physical conditioning, students are expected to benchmark and challenge themselves on a monthly basis and make a record of it. These items should be met or improvement shown prior to the pretest for black belt.

Milan-Midwest Tae Kwon Do

Geup Requirements

(4th geup testing for 3rd geup)

Mimimum Time: 4 months

Fundamentals: *all earlier requirements apply

Spin hook kick	Front kick/round kick combination
Spin crescent kick	Round kick/spin side kick combination
Pivot side kick/cross hook kick combination	Inside crescent/shuffle side combination
Palm Strike	

Sparring Fundamentals: *all earlier requirements apply

Nado ban Cover Punch-round kick counter Back leg Axe kick

Poomse: *all earlier poomse apply

Tae Geuk Oh Jang- Concept of **Seon** which means **Wind** from the Book of Changes. It can be gentle yet strong and destructive. Its nature is humble and welcoming yet at times it can be destructive. There are times when our actions must be strong and destructive but our nature should be gentle and harmless.

One Step Sparring: *all earlier requirements apply Right hand / Left hand challenge

Unspecified number of one-steps: including spin hook kick, palm strike, side step

Self Defense: 3 Takedown explanations Students should be able to roll and break fall

Contact Sparring: Use of sparring fundamentals

Breaking: Palm strike/ shuffle side kick

Additional Requirements: Student must be able to do 15 pushups and get checked off on this reqt. before test.
Student must assist in one geup belt exam to contribute to the school.

Tae Kwon Do/ School Knowledge:

- 1.) **Kwan Jang Nim** means Head Instructor
- 2.) **Sabum Nim** means Instructor
- 3.) **Tae Geuk** means 'Bigness' or 'Big Eternity'

* **Note to parents and students:** By this rank, students should be aware that other requirements are needed before black belt can be achieved.

- Participation in 2 demonstrations
- Participating in 2 tournaments (1 minimum in which you spar)
- 25 hours of instructing (if 15 or older)
- 2 acts of community service
- Physical requirements
 - Jumping Jacks (goal to black belt: 100 in 2 minutes)
 - Push Ups (goal to black belt: 50 in 2 minutes)
 - Mountain Climbers (goal to black belt: 50 in 2 minutes)
 - Full body crunches (goal to black belt: 50 in 2 minutes)
 - Heart conditioning/Running (goal to black belt: 15 min. mile)

Students should obtain the necessary log forms from the website and begin gathering this information as soon as possible for their portfolio. Regarding physical conditioning, students are expected to benchmark and challenge themselves on a monthly basis and make a record of it. These items should be met or improvements shown prior to the pretest for black belt.

Milan-Midwest Tae Kwon Do

Geup Requirements

(3rd geup testing for 2nd geup)

Minimum Time: 5 months

Fundamentals: *all earlier requirements apply

Flying side kick Round kick/spin hook kick combination
Front kick/jump round kick combination Ox Jaw in a back stance
Reverse inside check block in tiger stance Scissor Block in a front stance
Tiger Stance

Poomse: *all earlier poomse apply

Tae Geuk Yuk Jang- Concept of **Gam** which means **Water**. Water is fluid and at times can be still or flow strongly. It is flexible and adapts to new surroundings. No matter where it travels it never loses its integrity.

One Step Sparring: *all earlier requirements apply Right hand / Left hand challenge

Unspecified number of one steps: including nado ban or spin step round, double round kick

Self Defense: Object defense- 3 basic approaches in order Show rolling and break falling
3 Take down explanations

Contact Sparring/Sparring Steps: Shuffle back round kick from a closed sparring stance
Cover punch from an open sparring stance

Breaking: 3 board combination front kick/palm strike/back leg axe kick

Essay: "What I have learned About Tae Kwon Do and Myself"

*Note to parents and students: Essay should be neatly written or typed. Approximate length is ½ page. We encourage you to put thought and effort into this requirement.

Tae Kwon Do/ School Knowledge:

- 1.) Student should be able to **define** the 5 tenets of Tae Kwon Do
- 2.) The three early kingdoms of Korea where tae kwon do originates are **Koguryo, Silla** and **Paekche**.
- 3.) The center of the Korean flag is um/yang (also called yin/yang). Yin is negative and Yang is positive.

*** Note to parents and students:** By this rank, students should be aware that other requirements are needed before black belt can be achieved.

- Participation in 2 demonstrations
- Participating in 2 tournaments (1 minimum in which you spar)
- 25 hours of instructing (if 15 or older)
- 2 acts of community service
- Physical requirements
 - Jumping Jacks (goal to black belt: 100 in 2 minutes)
 - Push Ups (goal to black belt: 50 in 2 minutes)
 - Mountain Climbers (goal to black belt: 50 in 2 minutes)
 - Full body crunches (goal to black belt: 50 in 2 minutes)
 - Heart conditioning/Running (goal to black belt: 15 min. mile)

Students should obtain the necessary log forms from the website and begin gathering this information as soon as possible for their portfolio. Regarding physical conditioning, students are expected to benchmark and challenge themselves on a monthly basis and make a record of it. These items should be met or improvements shown prior to the pretest for black belt.

Milan-Midwest Tae Kwon Do

Geup Requirements

(2nd geup testing for 1st geup)

Minimum Time: 6 months

Fundamentals: *all earlier requirements apply

Front kick/round kick multiple

Inside crescent/side kick multiple

Round kick/round kick multiple

Pivot hook kick/round kick multiple

Multiple pivot side kick

Outside block/low block multiple

Poomse: *all earlier poomse apply

Tae Geuk Chil Jang- Concept of **Gan** which is symbolized by a **Mountain**. This poomse represents the stability of a mountain and the patience and time it takes to make it as majestic as it is.

One Step Sparring: *all earlier requirements apply Right hand / Left hand challenge

Unspecified number of one steps: multiple kicking and advanced hand combinations

Self Defense: Object defense-3 basic random order 3 takedowns executed on the mat Backward roll

Contact Sparring/Sparring Steps: Back kick counter from open attack
Shuffle back round kick-apa (same leg counter)

Breaking: 3 board combination shuffle side kick/back leg axe kick/horizontal elbow

Portfolio Review: Students are to turn in their portfolio for review. **This is just a progress check.**

Tae Kwon Do/ School Knowledge:

- 1.) **Chung Do Kwan** was founded in 1944
- 2.) The center of the Korean flag, Um/Yang, represent **opposites that compliment** each other. Examples of this are night/day, male/female, construction/destruction.
- 3.) In 1973 **The World Tae Kwon Do Federation** was established

*** Note to parents and students:** By this rank, students should be aware that other requirements are needed before black belt can be achieved.

- Participation in 2 demonstrations
- Participating in 2 tournaments (1 minimum in which you spar)
- 25 hours of instructing (if 15 or older)
- 2 acts of community service
- Physical requirements
 - Jumping Jacks (goal to black belt: 100 in 2 minutes)
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 - Mountain Climbers (goal to black belt: 50 in 2 minutes)
 - Full body crunches (goal to black belt: 50 in 2 minutes)
 - Heart conditioning/Running (goal to black belt: 15 min. mile)

Students should obtain the necessary log forms from the website and begin gathering this information as soon as possible for their portfolio. Regarding physical conditioning, students are expected to benchmark and challenge themselves on a monthly basis and make a record of it. These items should be met or improvements shown prior to the pretest for black belt.

Milan-Midwest Tae Kwon Do

Geup Requirements

(1st geup testing for black belt)

Minimum Time:	Eligible when instructor deems you ready
Fundamentals:	All fundamentals prior as well as freestyle kicking with footwork.
Poomse:	*all earlier poomse apply
Tae Geuk Pal Jang-	Concept of Gon which symbolizes the Earth . It is a summary of all previous tae geuk poomse. The Earth is where the creative force of Heaven (Keon) is embodied .
One Step Sparring:	Unspecified number of one steps: open multiple hand and foot combinations R/L challenge
Self Defense:	Open hold breaks 5 Take downs executed Object defense Rolling/break falling
Contact Sparring:	Use of sparring fundamentals Multiple sparring
Breaking:	3 board combination Cement break
Essay:	“What A Black Belt Would Mean To Me” *Note: Must be neatly written or typed. One page in length.

Tae Kwon Do/School Knowledge:

Tae Kwon Do's past can be traced to three early kingdoms that occupied what is now North and South Korea. The names of these were Silla, Koguryo and Baekche. Silla, which was the most primitive of the three, began specialized training methods called Subak, which were practiced by Warriors called the Hwarang. The training methods of the Hwarang were primarily responsible for the unification of the land, which was then named Koryo. Subak continued on until the end of the Koryo Dynasty, in which other forms of unarmed combat then appeared. It was not until 1945 when Korea was liberated from Japan that the roots of modern Tae Kwon Do began to spread. In 1955, a meeting was held to unite the kwans (schools) under one common name. The name chosen was Tae Kwon Do. It has been recognized as the Korean national sport since that day and has been growing in popularity every since.

Portfolio Review: Students are asked to turn in their portfolio for Instructor review. Please make sure all requirements are met and easy to find in the book. Students are asked to use the logs found on the Milan TKD website for organization.

Biography: Students are to write a 1 paragraph biography of themselves to be read aloud at the testing

Note to Students: Students preparing for the last step before black belt must know that much is expected. All requirements from previous belts (10th geup to 1st geup) will be required as well as unknowns that may be asked of you. Anything asked of the student that is not listed on the requirement page is something that each student should be able to do if they draw on their knowledge up until that point.
The pretest for black belt is called a Reviewing Board and is closed to parents and other students. It is held on its own day and usually runs for many hours. Parents and students will receive a schedule in their mailbox regarding this as well as what they should bring to the pretest. It encompasses both mental and physical tests for the student so each student should prepare in both of these areas prior to this day.

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- 2 acts of community service
- Physical requirements
 - Jumping Jacks (goal to black belt: 100 in 2 minutes)
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 - Mountain Climbers (goal to black belt: 50 in 2 minutes)
 - Full body crunches (goal to black belt: 50 in 2 minutes)
 - Heart conditioning/Running (goal to black belt: 15 min. mile)

Students should obtain the necessary log forms from the website and begin gathering this information as soon as possible for their portfolio. Regarding physical conditioning, students are expected to benchmark and challenge themselves on a monthly basis and make a record of it. Items should be met or improvements show prior to pretest.