

ORANGE BELT REQUIREMENTS (8TH GUP)

BASICS BLOCKS:

English

1. Low Knife Hand Block
2. Center Knife Hand Block
3. Spear Hand Punch
4. Knife Hand Chop
5. 2 Hand X Low Block
6. 2 Hand X High Block

Korean

- Ha Dan Soo Do Mahk Kee
 Choon Dan Soo Do Mahk Kee
 Kwan Soo Kong Kyuk
 Soo Do Kong Kyuk
 Ha Dan Ssang Soo Mahk Kee
 Sang Dan Ssang Soo Do Mahk Kee

BASICS KICKS:

1. Front Kick
2. Side Kick
3. Back Kick
4. Roundhouse Kick
5. Hook Kick
6. Back Hook Kick

- Ahp Cha Ki
 Yup Cha Ki
 Dwi Cha Ki
 Tollyo Cha Ki
 Hu Ryo Cha Ki
 Dwi Hu Ryo Cha Ki

FORM:

Kicho Hyung Sa Bu (Basic Form #4) Ideal Completion Time 30-35 sec Total # of Movements 36

Start	1-2-3	4-5-6	7	8	9-10	11	12-13	14	15	16-17-18
<i>Rhythm</i>	(Triple)	(Triple)	Single		(Double)		(Double)		Single	(Triple)
<i>Choon Bee (Stance)</i>	Back Front Back	Back Front Back	Front		Front		Front		Front	Back Front Back
<i>Move</i>	Low Block, Center Punch, High Block	Low Block, Center Punch, High Block	Low Block	Front Kick	Low Block, Plier Hand	Front Kick	Low Block, Plier Hand	Front Kick	Low Block	Low Block, Center Punch, High Block
<i>Mics</i>								Ki Hap 14		
19-20-21	22	23	24-25	26	27-28	29	30	31-32-33	34-35-36	<i>End</i>
(Triple)	Single		(Double)		(Double)		Single	(Triple)	(Triple)	
Back Front Back	Front		Front		Front		Front	Back Front Back	Back Front Back	<i>Bah Roh</i>
Low Block, Center Punch, High Block	Low Block	Front Kick	Low Block, Plier Hand	Kick	Low Block, Plier Hand	Front Kick	Low Block	Low Block, Center Punch, High Block	Low Block, Center Punch, High Block	
						Ki Hap 29				

(S-S) = Half Rhythm, S[] = Slow [Count], (Double-Single) = Double with Half Rhythm, P[] = Pause [Count]

Ee Jul Bong Il Bu (Nunchaku Form #1) *Ki Hap Locations # 1 Second to last forward & #2 backward – Total #2*

ONE STEP FIGHTING (IL SOO SIK):

Hands 5&6

5	Get out of the way Block Chop	(Step back with the left foot) (Right-Hand out-in block chop) (Slide in with a right center chop strike to the neck)
6	Get out of the way Block Punch Punch	(Step 45° forward with left foot) (Right-hand in-out block chop) (Left center punch) (Right punch to the face)

Kicking 5&6

5	Get out of the way Turning Side Kick Step behind Chop	(Step 45° forward with left foot) (Right kick to the ribs) (Bring right foot down behind attacker's foot) (Right center chop strike to the neck)
6	Get out of the way Roundhouse Kick Step behind Chop Punch	(Step 45° forward with left foot) (Right leg kick to ribs) (Bring right foot down behind attacker's foot) (Right center chop strike to the neck) (Slide right foot to horse stance. Left center punch)

ORANGE BELT REQUIREMENTS (8TH GUP)

SELF DEFENSE (HO SIN SUL):

<i>--The Attacker starts on the side of the defender--</i>	
Attack	Defense
1. Thumb Down Grip	
2. Triceps Grip	
3. Bicep Grip	
4. Arm Bar	

BREAKING: Children: Knife Hand Soo Do Kong Kyuk
 Adults: Center Punch Choong Dan Kong Kyuk

PHILOSOPHY OF AN ORANGE BELT

ORANGE BELT can be viewed to be in the spring of their training. The snow has completely receded and spring is in full bloom. Their potential is fully visible in that we can see that rapid growth is taking place, just like the rapid growth and appearance of colors in the spring. Like the new spring flowers, the student is beginning to bloom in a whole new world of experiences.

ABOUT THE FORM

Ki Cho (Basic)

These are the first forms. It can be equated to the child learning for the first time. Part of growing up is the process of learning the basic essentials of life. The Ki Cho forms do just that. They teach the beginner student the foundation techniques necessary to grow properly within the art.

Name of Creator	Date of Creation	Ideal Completion Time	Point of Ki hap	Total # of movements	English
Kwan Ho Chon	1980's?	30-35 sec	14,29	36	Basic Form #4
Andrew Shep	2017				Ee Jul Bong Il Bu Nunchaku Form #1

TERMINOLOGY:

- | | |
|---|-----------------------------|
| 1. Form #4 Name | Ki Cho Hyung Sa Bu 36 Steps |
| 2. American Flag | Song Cho Ki |
| 3. Korean Flag | Tae Kuk Ki |
| 4. ATF Flag | Hyup Hoi Ki |
| 5. ATF Rules: #3 | |
| 1. Always wear a clean A.T.F. uniform to class and wear no jewelry (except for a religious nature). | |
| 6. Children Home Rule # 5&6 | |
| 5. Children will help with household chores. | |
| 6. Children will keep their own room neat and clean. | |
| 7. Basic Terms All Blocks and Kicks names. | |

English	Korean	English	Korean
Low Block	Ha Dan Mahk Kee	Inside/Outside Kick	Ahneso Phakeso Ro Cha Ki
Inside/Outside Block	Ahneso Phaku Ro Mahk Kee	Outside/Inside Kick	Phakeso Ahneso Uro Cha Ki
High Block	Sang Dan Mahk Kee	Front Kick	Ahp Cha Ki
2-Hand Double Block	Ssang Soo Mahk Kee	Side Kick	Yup Cha Ki
Center Punch	Choong Dan Kong Kyuk	Back Kick	Dwi Cha Ki
Outside/Inside Block	Phakkesi Ahn Uro Mahk Kee	Roundhouse	Tollyo Cha Ki
Back Fist	Kap Kwon Kong Kyuk		