

WHITE BELT to YELLOW STRIPE

PATTERN:

SAJU JIRUGI (Four-Direction Punch)
SAJU MAGKI (Four-Direction Block)

SELF-DEFENSE:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

ONE STEP SPARRING:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

KICKING COMBINATIONS:

Front Snap Kick, Double Punch

FREE SPARRING:

Against 1 Partner (NO CONTACT)

BREAKING:

There is no breaking required.

QUESTIONS:

You will be required to answer the following:

1. What is the meaning of Taekwon-Do?

"TAE" means to jump, kick or smash with the foot.

"KWON" denotes to punch, destroy with the hand, chiefly with the fist.

"DO" is the art, way or method.

2. How many movements in four direction punch?

14 Movements

3. Who is the founder of Taekwon-Do?

General Choi Hong Hi

4. Who is the President and founder of the U.S.T.C. (United States Taekwon-do Center)?

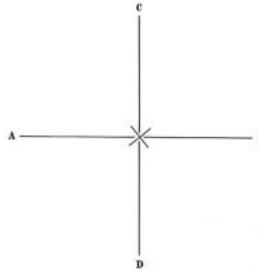
Master Mario Cancelliere

FOUR DIRECTION PUNCH (SAJU JIRUGI)

Movements – 7 (each side)

Ready Posture - PARALLEL READY STANCE

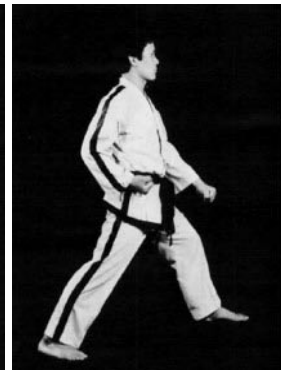
The illustrations for this pattern assume that the student is standing on line AB and facing D.



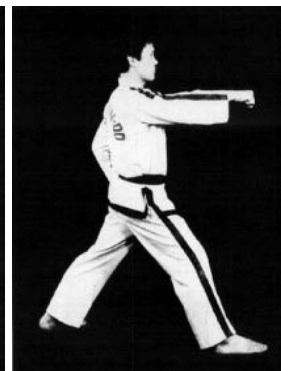
1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.



2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.



3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.



Left Side

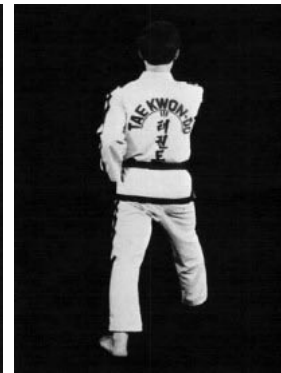
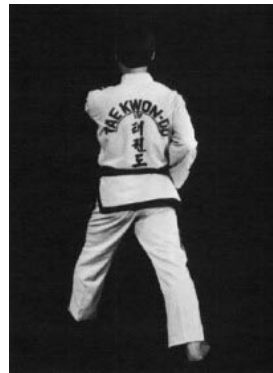
Right Side

It is recommended that all students obtain USTC membership prior to testing.

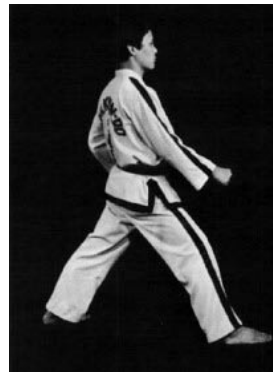
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.



5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.



6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.



7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.



Left Side

Right Side

Testing Requirements: WHITE BELT to YELLOW STRIPE

END: Bring the right foot back to a ready posture.



Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.

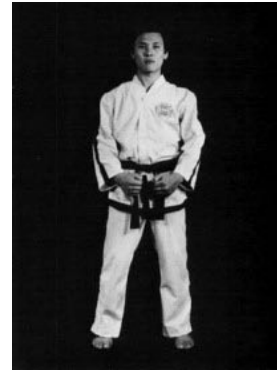
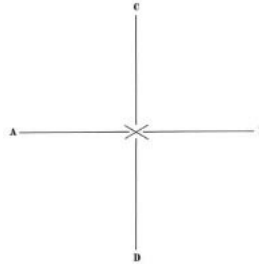
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FOUR DIRECTION BLOCK (SAJU MAKGI)

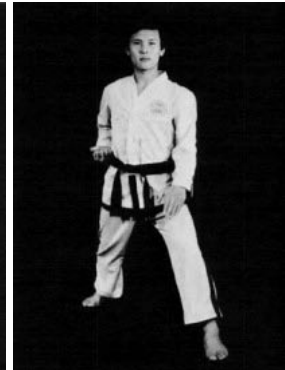
Movements – 8 (each side)

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.



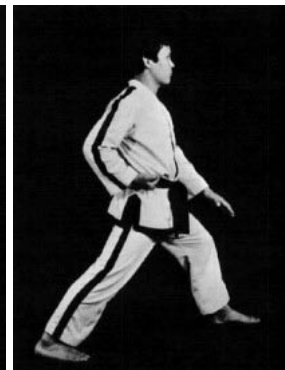
1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.



2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.



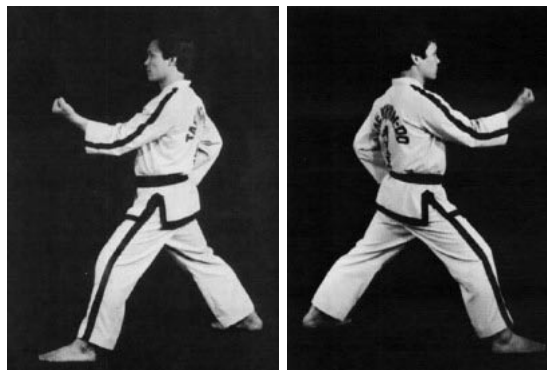
3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.



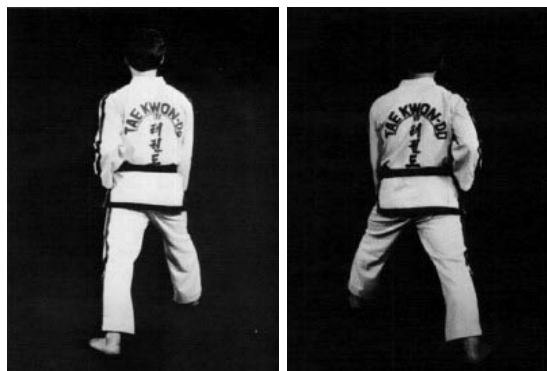
Left Side

Right Side

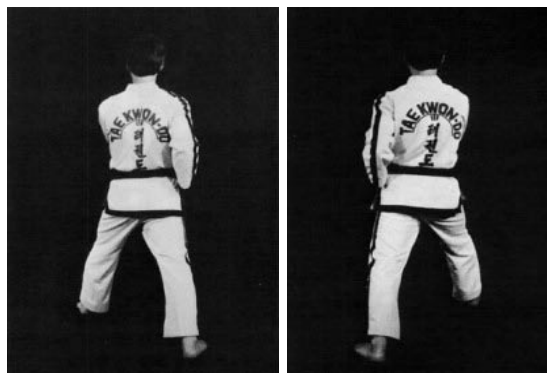
4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.



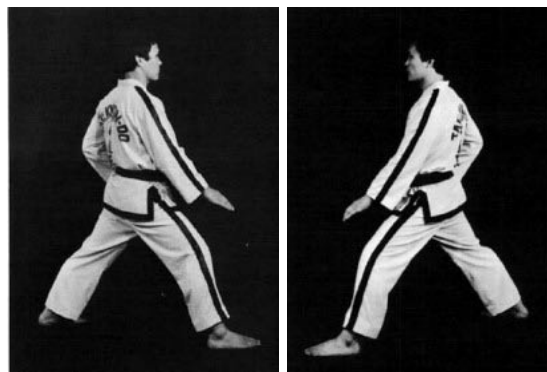
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.



6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.



7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.



Left Side

Right Side

It is recommended that all students obtain USTC membership prior to testing.

8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.



Left Side



Right Side

END: Bring the right foot back to a ready posture.



Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.