



# Big Dolphins

White Belt to Orange/white Belt

## Tip Test

Please demonstrate the following techniques

**At Ease Stance**

**Attention Stance**

**Bow**

**Choombi (ready) Stance** (catch the 'bowling ball')

**Horse Riding Stance** (knees bent properly)

**Guarding Stance** (Switching to both sides)

**"Gumon" (finish) - move back to Choombi Stance**

Tip: If you are unsure of anything ask an instructor!

# Yellow Tip Test

From Orange/white belt to Orange belt

Please demonstrate the following techniques

**Choombi Stance** (catch the 'bowling ball')

**6 x Single Middle Punches in Horse Riding Stance**

(knees bent properly, pulling other hand back to belt, twisting wrists)

**Guarding Stance** (Switching to both sides)

**Jab Punch in Guarding Stance** (same arm as forward leg)

Tip: If you are unsure of anything ask an instructor!

# Yellow Tip Test

From Orange belt to Orange/black belt

Please demonstrate the following techniques

**All previous hand moves and stances.** Check the syllabus of each belt prior to your current belt

**6 x Double Horse Riding Stance Middle Punches**

(knees bent properly, pulling other hand back to belt, twisting both wrists, loud Gihap or yell)

**Rising Face Block in Horse Riding Stance**

**Cross Punch in Guarding Stance** (Opposite arm to forward leg. Keep hands UP!)

Tip: If you are unsure of anything ask an instructor!

# Yellow Tip Test

From Orange/black belt to Green/white belt

Please demonstrate the following techniques

**All previous hand moves and stances.** Check the syllabus of each belt prior to your current belt

**6 x Triple Horse Riding Stance Middle Punches**

Knees bent properly, pulling other hand back to belt after EVERY punch, twisting both wrists, loud Gihap or yell.

**Stand, Step & Turn in Forward Stance**

**Jab & Cross Punching combinations in Guarding Stance**

Switching to both sides. Loud Gihap. Keep hands UP!

Tip: If you are unsure of anything ask an instructor!

# Yellow Tip Test

From Green/white belt to Green belt

Please demonstrate the following techniques

**All previous hand moves and stances.** Check the syllabus of each belt prior to your current belt

**Outside Block in Horse Riding Stance**

Knees bent properly, pulling other hand back to belt after EVERY block, twisting both wrists,.

**Rising Face Block in Forward Stance** (same arm & same leg)

Must do turn & both hand actions correctly.

**Knee strike in Guarding Stance** (Fake & strike. Switching to both sides)

Tip: If you are unsure of anything ask an instructor!

# Yellow Tip Test

From Green belt to Green/black belt

Please demonstrate the following techniques

**All previous hand moves and stances.** Check the syllabus of each belt prior to your current belt

**Middle Punch in Forward Stance** (same arm & same leg)

Must do turn & both hand actions correctly.

**Reverse Middle Punch in Forward Stance** (opposite arm to leg)

Must do turn & both hand actions correctly.

**Uppercut Punch in Guarding Stance** (Switching to both sides. Keep hands UP!)

Tip: If you are unsure of anything ask an instructor!

# Yellow Tip Test

From Green/black belt to Purple/white belt

Please demonstrate the following techniques

**All previous hand moves and stances.** Check the syllabus of each belt prior to your current belt

**Heel of Hand Strike (Batangson Chigi) in Forward Stance** (same arm & same leg)  
Must do turn & both hand actions correctly.

**Standing, Stepping & Turning in Back Stance**

**Uppercut, Jab & Cross Punching combination in Guarding Stance**

Switching to both sides Keep hands UP!

**6 x of your own (freestyle) 2 move hand combinations.**

May include any punch or hand strike in your 2 moves. Must change arms after each strike.  
Switching to both sides Keep hands UP!

**Tip: If you are unsure of anything ask an instructor!**

# Yellow Tip Test

From Purple/white belt to Purple belt

Please demonstrate the following techniques

**All previous hand moves and stances.** Check the syllabus of each belt prior to your current belt

**Swallow Hand Strike (Kal Jebi) in Forward Stance** (same arm & same leg)

Must do turn & both hand actions correctly.

**Middle Punch in Back Stance** (same arm & same leg)

Must do turn & both hand actions correctly

**Hook Punch in Guarding Stance**

**Jab Punch, Heel of Hand Strike to Swallow hand strike in Guarding Stance**

(Changing arms after each strike. Switching to both sides)

**6 x of your own (freestyle) 3 move hand combinations.**

May include any punch or hand strike in your 3 moves. Must change arms after each strike. Switching to both sides. Keep hands UP!

**Tip: If you are unsure of anything ask an instructor!**

# Yellow Tip Test

From Purple belt to Purple/black belt

Please demonstrate the following techniques

**All previous hand moves and stances.** Check the syllabus of each belt prior to your current belt

## Horse Riding Stance Hand moves

The following moves must demonstrate:

'Pull & Push' by using both arms correctly. Also, knees must be bent properly.

1. Inside Block
2. Low Block

## 3 x Forward Stance moves from list

Same arm & same leg. Must demonstrate turn & both hand actions correctly.

1. Middle Punch
2. Reverse Punch
3. Rising Face Block
4. Outside Block
5. Heel of hand Strike (Batangson Chigi)
6. Swallow Hand Strike (Kal Jebi)

## Stand, Step & Turn in Walking Stance

**Outside Block in Back Stance** (same arm & same leg)

Must do turn & both hand actions correctly

## 6 x of your own (freestyle) 4 move hand combinations.

May include any punch or strike in your 4 moves. Must change arms after each strike. Switching to both sides. Keep hands UP!

**Tip: If you are unsure of anything ask an instructor!**