

# Tae Kwon Do Kicks

## PROMOTION TEST REQUIREMENTS

PRESENT RANK: Black/Red Belt(Black Belt Candidate)

**Form:** Choong Moo, Koryo, All Taegeuk 1~8

**Kicking combinations:** All kicking combinations 1~27.

**One-Step Sparring:** All one step sparring 1~27.

**Grab Defense:** All grab defense 1~18.

**Free Sparring**

**Breaking Technique:** 360 Jump Back Side Kick

**Tae Kwon Do Report:**

History of "Tae Kwon Do"

**Student Oath:** #10

I will endeavor to finish what I have started to reach my goals and set new ones.