

# Tae Kwon Do Kicks

## PROMOTION TEST REQUIREMENTS PRESENT RANK: Black/White Belt (1<sup>st</sup> Kup)

Form: Koryo, All Taegeuk 1-8, All Palgwae 1-8

Kicking Combinations: All kicking combinations 1-27

One-Step Sparring: All one step sparring 1-27

Grab Defense: All grab defense 1-9

Free Sparring

Breaking Technique Jump double front kick

Tae Kwon Do (Koreana) Terminology:

Know all terms

Tae Kwon Do Report: Philosophy of Martial Arts “ Tae Kwon Do”

Student Oath #9 I will not hesitate to take necessary risks to develop  
Into an ideal martial artist.