

# Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS  
PRESENT RANK: Orange Belt (8<sup>th</sup> Kup)

**Form:** Taegeuk 1,2 Jang,

**Kicking combinations:** #1 - 9

- #7 Skipping ax kick, roundhouse kick with same leg, reverse punch, switch feet – yell.
- #8 Back side kick, round house kick, reverse punch, switch feet – yell.
- #9 Step back palm hand block, round house kick, reverse punch, switch feet, back fist – yell.

**One-Step Sparring:** #1 – 9

- #7 Step forward into back stance with inside middle block, turn around elbow strike and back fist, spin around to right leg sparring stance, skipping side kick - yell
- #8 Step into horse stance with left leg, palm hand strike to elbow, right leg side kick to rib, - yell
- #9 Step back into sparring stance, front kick to solar plex land behind front foot, left leg side kick, drop down to long stance, knife hand block and face punch same time - yell

**Free Sparring**

**Breaking Technique:** Back side kick

**Tae Kwon Do(Korean) Terminology:**

Eleven: YulHana

Twenty: Sumool

Chest Protector: Hogoo

Hong: Red

Chung: Blue

Front Kick:

Roundhouse Kick:

Side Kick:

Back Side Kick:

Axe Kick

ApChaGi

DolLyuChaGi

YupChaGi

DuiYupChaGi

NaeRyuChaGi

**Student Oath:** #2

I shall maintain a good rapport with my school. I will be loyal to the spirit of Martial Arts as well as those who are inspired by the Martial Arts spirit. Since I have chosen to become a student of Martial Arts, I will be loyal to its spirit.