

Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS PRESENT RANK: White Belt (10th Kup)

Basics: #1, 2, 3, 4

- #1 Low block with front stance.
- #2 Inside middle block with front stance.
- #3 High block with front stance.
- #4 Middle punch with front stance.

Kicking combinations: #1, 2, 3

- #1 Front kick, front kick(other leg), switch feet – yell.
- #2 Roundhouse kick, roundhouse kick(other leg), reverse punch, switch feet – yell.
- #3 Side kick, side kick(other leg), switch feet – yell.

One-Step Sparring: #1, 2, 3

- #1 Step into a horse stance and execute a knife hand block to the opponent's wrist and a reverse punch to the head.
- #2 Step to the outside of the punch into a horse stance and block with knife hand block; throw a double middle punch, then a high punch.
- #3 Step into a horse stance and perform a simultaneous knife hand block to the wrist and knife hand strike to the neck.

Breaking Technique: Side Kick

Tae Kwon Do(Korean) Terminology:

One:	Hana	Attention:	Cha-ryut
Two:	Dool	Bow:	Kyung-ye
Three:	Set	Ready:	Joon-be
Four:	Net	Bow to the flags:	Kuk-gi ye dehayu kyung ye
Five:	Dasut	Bow to the master instructor:	SaBumNim ke kyung ye

Student Creed

- I intend to develop myself in a positive manner and avoid anything that would impair my mental growth or physical health.
- I intend to develop self-discipline in order to bring out the best in myself and others.
- I intend to use the skills I learn in class constructively and defensively, to help myself and my fellow man, and never be abusive or offensive.
- This is a black belt school – we are dedicated, we are motivated, we are on a quest to be the best. Asaah!!!