

Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS

PRESENT RANK: Black/Red Stripe Belt(Temporary Black Belt)

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 1~27.

Free Sparring

Breaking Technique: Scissor Kick

Tae Kwon Do Report:

Personal Plans for Martial Arts “Tae Kwon Do”

Student Oath: 1~10

Black Belt Oath