

Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS

PRESENT RANK: Blue Belt (6th Kup)

Form: Taegeuk 1 - 4 Jang,

Kicking combinations: #1 - 15

- #13 Front kick, double punch, round house kick(rhk), switch feet front leg rhk, reverse punch – yell.
- #14 Round house kick, turnaround, round house kick – yell.
- #15 Round house kick, back side kick, switch feet – yell.

One-Step Sparring: #1 – 15

- #13 Outside crescent kick block, round house kick to knee, round house kick to midsection with other leg - yell
- #14 Palm hand block from outside, double middle punch, switch feet and knife hand to knee - yell
- #15 Inside middle block from outside, elbow strike to ribs, step out, skipping hook kick – yell

Free Sparring

Breaking Technique: Skipping Hook Kick

Tae Kwon Do(Korean) Terminology:

Forty:	Mahun	Form:	Poomse
Walking Stance:	Ap-seogi	Neck chop:	Mokchigi
Forward Stance:	Apkubi-seogi	Back fist:	Dung-joomeok
Back Stance:	Dwitkubi-seogi	Hook kick:	Gullgi-chagil
Self Defense:	Hosinsul	You're welcome:	Chun-mahn-eyo

Student Oath: #4

I shall be extremely cautious about making promises, but I shall keep the ones I do make.