

# Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS  
PRESENT RANK: Brown Belt (4<sup>th</sup> Kup)

**Form:** Taegeuk 1 - 6 Jang

**Kicking combinations:** #1 - 21

- #19 Roundhouse kick, spinning hook kick – yell.
- #20 Tornado kick, spinning back crescent kick, skipping crescent kick – yell.
- #21 Roundhouse kick land back, spinning hook kick, switch feet – yell.

**One-Step Sparring:** #1 – 21

- #19 Knife hand block, elbow strike to head (blocking hand goes behind head) , takedown - yell
- #20 Knife hand block/grab, step under stretch arm up, place other arm at elbow while stepping behind opponent and twisting arm up, grab pressure point at top of shoulder - yell
- #21 Double knife hand block, knife hand strike to the rib, grab shoulder and kick behind the knee takedown – yell

**Free Sparring**

**Breaking Technique:** Back Spin Kick Speed Break

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

1 :	Il	Continue:	Kaesok
2 :	Yi	Break:	Kalyeo
3 :	Sam	Warning:	Kyong-go
4 :	Sa	Spar:	Kyorugi
5 :	Oh	Time:	Shigan

**Student Oath:** #6

I shall react in a mature manner in every event regardless of whether it is favorable, frustrating, or disastrous, as I represent the school.