

Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS

PRESENT RANK: Green Belt (7th Kup)

Form: Taegeuk 1,2,3 Jang,

Kicking combinations: #1 - 12

- #10 Skipping front kick, side kick, reverse punch – yell.
- #11 Step forward back side kick, land forward, switch feet, step forward back side kick – yell.
- #12 Ax kick, back side kick, land forward, switch feet – yell.

One-Step Sparring: #1 – 12

- #10 Outside knife hand block (with left hand) , grab wrist and go under arm, take down by sweeping leg, punch to face - yell
- #11 Outside knife hand block (with right hand), grab wrist and roundhouse kick with right leg, regrab with other hand, lock wrist and take down - yell
- #12 Inside crescent kick, back crescent kick, roundhouse kick – yell

Free Sparring

Breaking Technique: Back Spin Kick

Tae Kwon Do(Korean) Terminology:

Thirty:	Surun	Low Block:	Arae-Makki
Yell:	Kihap	Middle Punch:	Momtong-Jireugi
Knife Hand:	Sonnal	Middle Block:	Momtong-Makki
Breaking:	Kyokpa	High Punch:	Olgul-Jireugi
Low Punch:	Arae-Jireugi	High Block:	Olgul-Makki

Student Oath: #3

I will not criticize other students. An unwritten rule of Martial Arts requires the students only speak well of other students.