

Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS

PRESENT RANK: Purple Belt (5th Kup)

Form: Taegeuk 1 - 5 Jang

Kicking combinations: #1 - 18

- #16 Roundhouse kick - back side kick land forward - jump roundhouse kick - run backwards punching with yell.
- #17 Inside crescent kick - spin back crescent kick - skipping outside crescent kick land back -- yell.
- #18 Front kick land back - back side kick land forward - step back roundhouse kick land forward -- yell.

One-Step Sparring: #1 - 18

- #16 Inside middle block - turn & lock arm behind head - takedown -- yell.
- #17 Knife hand block - grab wrist - pull down -- circle - yell
- #18 Knife hand block -- double middle punch -- leg takedown -- twist foot and kick to groin -- yell

Free Sparring

Breaking Technique: 1. Knife Hand Strike 2. Back Spin Kick

Tae Kwon Do(Korean) Terminology:

Fifty:	Shin	Modesty:	Gyum-sohn
Hammer fist strike:	Me-joomok chigi	Courtesy:	Yae-ui
Elbow strike:	Palkoop chigi	Respect:	Jong-gyung
Junior:	Hoo-bae	Patience:	In-nae
Senior:	Sun-bae-nim	Loyalty	Choong-sung

Student Oath: #5

I shall be punctual for class.