

# Tae Kwon Do Kicks

## PROMOTION TEST REQUIREMENTS

PRESENT RANK: Red Belt (3<sup>th</sup> Kup)

**Form:** Taegeuk 1 - 7 Jang, Palgwae 1- 7 Jang

**Kicking combinations:** #1 - 24

- #22 Thunder kick, skipping side kick – yell.
- #23 Step back palm block, skipping crescent kick, step forward back crescent kick – yell.
- #24 Round house kick, round house kick, back spinning kick – yell.

**One-Step Sparring:** #1 – 24

- #22 Step out right hand knife hand block, side kick under the arm, swings it up and steps under, stretch arm and apply knife hand to shoulder, slide arm over elbow and takedown backwards
- #23 Left hand knife hand block, grab wrist, pull down, circle, knife hand neck chop
- #24 Left hand palm hand block and right elbow strike with front stance, elbow strike to the back, jump back kick

**Free Sparring**

**Breaking Technique:** Flying Side Kick

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

#6:	Yook	Tiger stance:	Beom Seogi
#7:	Chil	Scissor block:	Gawi-Makki
#8:	Pal	Wedge block:	Hecho-Makki
#9:	Goo	Knee Kick:	Moo-reup Chagi
#10:	Ship	Side Punch:	Yup Jireugi

**Student Oath:** #7

I will always act with a purpose before me, I will act with sincerity and forthrightness.