

Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS PRESENT RANK: Red/White Belt (2nd Kup)

Form: Taegeuk 1 – 8, Palgwae 1 – 8

Kicking Combinations: All kicking #1 – 27

- #25 360 round house kick, back spinning kick – yell
- #26 Skipping side kick land back, 360 back side kick turn, 360 back side kick turn, switch feet back side kick land back – yell
- #27 Front kick turning counter clock wise, 360 back spinning kick – yell

One-Step Sparring: All one step sparring 1-27

- #25 Inside knife hand block, double puch, knife hand block, back fist, grab behind the neck, takedown – yell
- #26 Outside knife hand block, grab wrist, turn around (1&1/2 turns), arm break on shoulder, reverse turn around arm break – yell
- #27 Inside double knife block, knifehand strike to the rib, ridgehand to throat, left leg step low spin kick – yell

Free Sparring

Breaking Technique: 360 Roundhouse Kick

Tae Kwon Do (Korean) Terminology:

What is your name? Dang shin e rum un moo ut im ni ka?
My name is _____. Ju e rum un _____ im ni da.
I am sorry. Je song ham ni da.
I like you. Na nun dang shin ul jo ah ham ni da.
I respect you. Na nun dang shin ul jong ham ni da.

Student Oath #9

I will endeavor to overcome any shyness that I might feel being in front of an audience