

# Tae Kwon Do Kicks

PROMOTION TEST REQUIREMENTS  
PRESENT RANK: Yellow Belt (9<sup>th</sup> Kup)

Form: Taegeuk 1 Jang

Kicking combinations: #1 - 3, 4, 5, 6

- #4 Skipping roundhouse kick and roundhouse kick – yell.
- #5 Skipping sidekick switch feet and skip side kick – yell.
- #6 Skipping frontkick and ax kick – yell.

One-Step Sparring: #1 – 3, 4, 5, 6

- #4 Step back into guarding stance, deliver a front snap kick to opponent's soloflex, land into horse stance and double punch - yell
- #5 Step forward with outside knife hand block – immediately grab wrist and walk under arm; deliver roundhouse kick to mid-section with front leg. Return to beginning position and throw punch to soloflex and tiger mouth to throat - yell
- #6 Step forward into back stance with inside middle block, step into long stance with reverse punch, then step into horse stance and double knife hand to wrist and neck - yell

Sparring: Shin/instep, forearm pads and chest guards are required.

- Forward step roundhouse kick and counter attacking.

Breaking Technique: Skipping side kick

Tae Kwon Do(Korean) Terminology:

Six:	Yuhsut	Begin:	Shijak
Seven:	Ilgop	Return to Joon be:	Bahro
Eight:	Yuhdul	TKD school:	Dojang
Nine:	Ahop	TKD uniform:	Dobok
Ten:	Yul	How are you?	An nyung ha shim nee ka?
		Thank you!	Gahm sa ham nee da!

Student Creed

Student Oath: #1

I understand that the Martial Arts program strives toward the improvement of the whole person. Therefore, it insists on the constant interaction between the spiritual and the physical. I will emulate the high ideals of all ancient cultures such as tolerance, non-violence, respect for my peers, dedication to duty, and honor to my superiors.