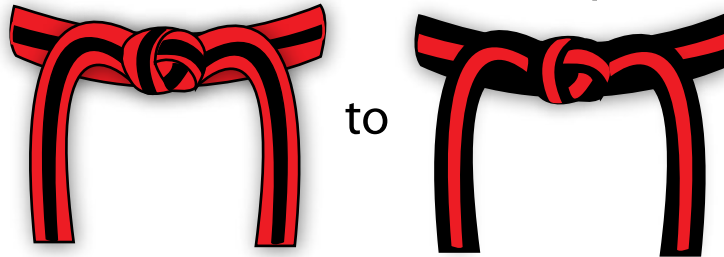




Salinas Taekwondo Academy

Promotion Testing Requirements

Red Belt Black Stripe (1st Gup) to Red Belt 2 Black Stripes (Il Dan Boo)



Physical Requirements

Blocks/Strikes:

- Single Knife hand Low Block
- Reverse strike to the neck in Knife hand
- Strike to the throat
- Palm Low Strike
- Elbow side Strike

Kicks and Combinations:

- One Leg double side kick
- One Leg double roundhouse kick
- One Leg round house kick ax kick
- Combination kicks (combine all kicks that you know whit kicks listed above).

Self-defense Technique:

- 1) Gun (at face)
 - a) Double palm strike, break finger
 - b) Double palm strike, inside disarm

Breaking (Gyeokpa):

- Any Strike or kick above mentioned.

Memorization & Essay

Black Belt Club Creed:

As a member of the Black Belt Club, I promise to live my life by a higher standard and to avoid behavior unbecoming of a Black Belt; To provide service to the dojang and help others achieve their dreams through Tae Kwon Do; To be loyal to the Black Belt Club and its organization because it is the foundation for a stronger future; To discover how my personal talents and insights can enrich what it means to be a Black Belt.

Black Belt Club Creed:

* (Explain what It means and its importance in the tae kwon do practice)

Form(Poomse):

- Koryo

Sparring (Gyeorugi):

- Contact free sparring (needs sparring gear)