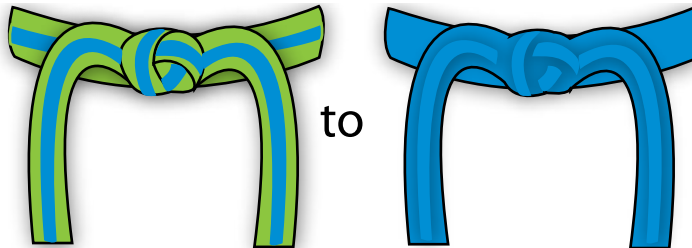




Salinas Taekwondo Academy

Promotion Testing Requirements

Green Belt Blue Stripe (5th Gup) to Blue Belt (4th Gup)



Physical Requirements

Blocks/Strikes:

- Back fist
- Hammer strike
- Elbow strike covering knuckles
- Elbow strike targeting in your palm

Kicks and Combinations:

- Spinning round house kick
- Front hook kick
- Quick sidekick
- Combination kicks (combine all kicks that you know with kicks listed above)

Self-defense Technique:

- 1) Rear-choke
 - a) Throw
 - b) Sweep
- 2) Bear-hug
 - a) Strikes (head butt, heel, elbows)
 - b) Roll, Knee bar

Breaking (Gyeokpa):

- Any Strike or kick above mentioned.

Memorization & Essay:

School Creeds:

- Nothing is Impossible
- Dream Big
- Work Hard
- Enjoy Life

Essay requirement:

1. Respect Your Teachers
2. Never take Life Unjustly
3. Loyalty to Your School
4. Finish What You Begin
(Explain what they mean to you and give some examples)

Form(Poomse):

- Teageuk Oh jang (5th)

Sparring (Gyeorugi):

- Sparring (Gyeorugi): contact free sparring
(needs sparring gear)