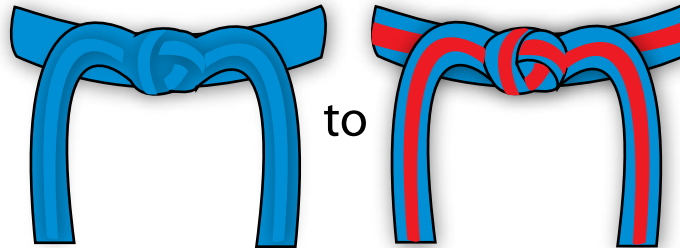




Promotion Testing Requirements

Blue Belt (4th Gup) to Blue Belt Red Stripe (3rd Gup)



Physical Requirements

Blocks/Strikes:

- Reverse Knife hand strike to the neck
- Palm Block

Kicks and Combinations:

- Jumping back kick
- Jumping ax kick
- Quick ax kick
- Combination kicks (combine all kicks that you know with kicks listed above)

Self-defense Technique:

- 1) Hair-pulling
 - a) Twisting
 - b) Grab, punch tri-cep
- 2) Take-down
 - a) Sprawl, elbow spine, knee face
 - b) Sprawl, guillotine choke

Breaking (Gyeokpa):

- Any Strike or kick above mentioned.

Memorization & Essay:

Basic Korean Terms:

Korean	English	Korean	English
Tae	Foot	Kwon	hand
Do	The Way	Dojang	School
Dobok	Uniform	Sabumnim	Master Instructor
Gukgie Daehan	Face towards the flag	Yudanga	Black Belt Holder
choboja	beginner	Haksaeng	Student

Essay requirement:

1. Be Humble
2. Be Responsible
3. Respect is earned
(Explain what they mean to you and give some examples)

Form(Poomse):

- Teageuk Yuk jang (6th)

Sparring (Gyeorugi):

- Free sparring (needs sparring gear)