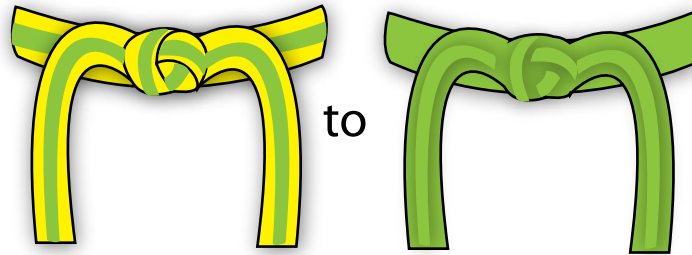




## Promotion Testing Requirements

Yellow Belt Green Stripe (7th Gup) to Green Belt (6th Gup)



### Physical Requirements

#### Blocks/Strikes:

- Out side block single knife-hand
- Knife-hand strike to the neck

#### Kicks and Combinations:

- Spinning hook kick
- Quick front kick
- Combination kicks (combine all kicks that you know with kicks listed above)

#### Self-defense Technique:

- 1) Collar grab
  - a) Wrist take down
  - b) Underneath
  - c) Arm bar
- 2) Double collar grab
  - b) Eye-gouge, knee
  - c) Throw (hip, neck)
  - d) Inter weave

#### Breaking (Gyeokpa):

- Any Strike or kick above mentioned.

### Memorization & Essay:

#### Master's Creed:

1. Be Humble
2. Be Responsible
3. Respect is earn

#### Essay requirement:

1. Loyalty to Your Country
  2. Respect Your Parents
  3. Faithfulness to Your Spouse
- (Explain what they mean to you and give some examples)

#### Form(Poomse):

- Teageuk Sam jang (3rd)

#### Sparring (Gyeorugi):

- No contact sparring