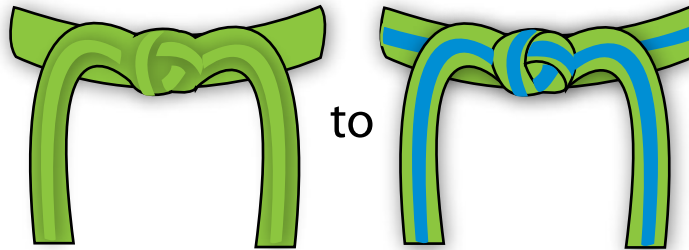




Promotion Testing Requirements

Green Belt (6th Gup) to Green Belt/Blue Stripe (5th Gup)



Physical Requirements

Blocks/Strikes:

- Knife-hand strike to abdomen
- Double knife –hand middle block
- Double knife –hand low block
- Knife-hand high block

Kicks and Combinations:

- Quick round house kick
- Jump front kick
- Combination kicks (combine all kicks that you know with kicks listed above)

Self-defense Technique:

- 1) Two-handed choke
 - a) duck and circle
- 2) Head lock
 - a) Grab hair, chin or eyes and punch groin, neck
 - b) Grab Chin, Knee then throw
 - c) Roll back, mount, frame escape

Breaking (Gyeokpa):

- Any Strike or kick above mentioned.

Memorization & Essay:

STA Students Creed:

Through the Salinas Tae Kwon Do Academy, I promise: To develop my endurance-mind, and spirit; To continuously perfect and never misuse my art; To impart it to others and help those in need; To show respect and love for humanity, and to strive for a better world; To lead my life as an example of the STA pride.

Essay requirement:

1. Respect your Brothers and Sisters
2. Loyalty to Your Friend
3. Respect Your Elders
(Explain what they mean to you and give some examples)

Form(Poomse):

- Teageuk Sa jang (4th)

Sparring (Gyeorugi):

- Free sparring (needs sparring gear)