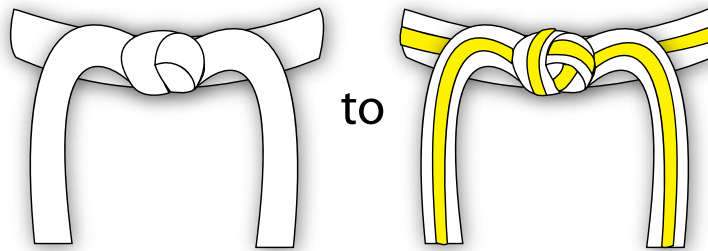




Promotion Testing Requirements

White Belt (10th Gup) to White Belt Yellow Stripe (9th Gup)



Physical Requirements

Blocks/Strikes:

- Low block,
- High block
- In side block
- Out side block
- Middle punch (in walking & horse stance)

Kicks and Combinations:

- Front kick
- Round house kick
- Ax kick
- Kick Combinations (All combinations must be performed with the kicks listed above)

Self-defense technique:

- 1) Reverse punch; parry/block, punch
- 2) Reverse wrist grab; ridge hand

Memorization & Essay:

6 Basic Tenets of Tae Kwon Do:

- Courtesy
- Loyalty
- Integrity
- Perseverance
- Self-Control
- Indomitable Spirit

Form(Poomse):

- Basic form (kicho poomse)

Sparring (Gyeorugi):

- no contact sparring

Essay requirement:

- 1) Who's Your Hero?
- 2) What is your goal in TKD?
- 3) Your life Goal?

(Requires for ages 7 and up). The necessary level and extent of the essay will be weighed according to age, grade, writing ability, etc.)