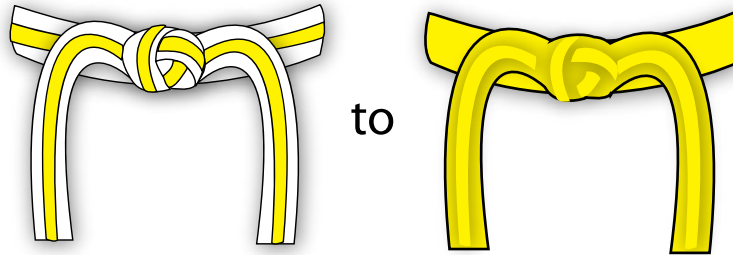




Promotion Testing Requirements

White Belt Yellow Stripe (9th Gup) to Yellow Belt (8th Gup)



Physical Requirements

Blocks/Strikes:

- Low block,
- High block
- In side block
- Out side block
- Middle punch (in front stance)

Kicks and Combinations:

- Front kick
- Round house kick
- Ax kick
- Kick Combinations (All combinations must be performed with the kicks listed above)
You are expected to have improved your ability to perform the basic white belt techniques.

Self-defense technique:

- 1) Hay maker
 - a) block, head lock
 - b) block, strike(elbow back fist)
- 2) Straight wrist grab
 - a) Optional

Form(Poomse):

- Teageuk IL jang (1st)

Sparring (Gyeorugi):

- No contact sparring

Memorization & Essay:

What is Tae Kwon Do?

Tae Kwon Do is how to be a better and stronger person, through martial arts and self-defense. Tae Kwon Do is a philosophy, a way of life, much more than punches, blocks and kicks; it is a method of personal development with roots in Korean history. Tae Kwon Do translates into English as the Way (Do) of striking with the feet (tae) and the hands (Kwon). It is an Olympic sport, but is more important as a way of living a better life-physically, mentally, and spiritually.

Why Learn Tae Kwon Do?

Tae Kwon Do helps you become a stronger, better person. By learning good habits, both physical and mental, you learn how to be a winner. Tae Kwon Do helps you feel secure through physical training and self-defense. It makes you healthier, mentally sharper, and improves self-discipline. Finally, Tae Kwon Do improves your relationship with others and gives you peace of mind.

Essay requirement:

- Define: Courtesy, Loyalty, Integrity
(Explain what they mean to you and give some examples)