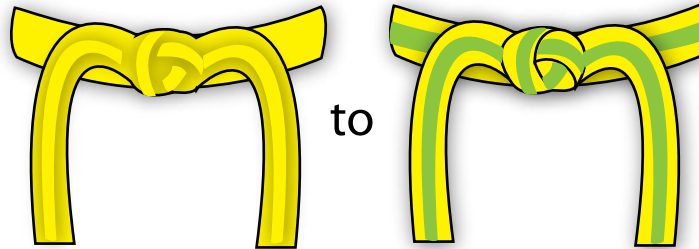




Promotion Testing Requirements

Yellow Belt (8th Gup) to Yellow Belt Green Stripe (7th Gup)



Physical Requirements

Blocks/Strikes:

- Low block, middle punch
- High block, middle punch.
- In side block, middle punch.
- Out side block, middle punch.
- High punch

Self-defense technique:

- 1) Front kick
 - a) Block (knee or hand), punch to face
- 2) Round house kick
 - a) Block, sweep

Kicks and Combinations:

- Side Kick
- Back kick
- Combination kicks (combine all kicks that you know with kicks listed above)

Breaking (Gyeokpa):

- Any Strike or kick above mentioned.

Memorization & Essay:

Eleven Commandments of Tae Kwon Do:

1. Loyalty to Your Country
2. Respect Your Parents
3. Faithfulness to Your Spouse
4. Respect your Brothers and Sisters
5. Loyalty to Your Friend
6. Respect Your Elders
7. Respect Your Teachers
8. Never take Life Unjustly
9. Indomitable Spirit
10. Loyalty to Your School
11. Finish What You Begin.

Essay requirement:

- Define: Perseverance, Self control, Indomitable Spirit (Explain what they mean to you and give some examples)

Form(Poomse):

- Teageuk E jang (2nd)

Sparring (Gyeorugi):

- No contact sparring