

Belt Promotion Criteria

USA Martial Arts & Fitness

1st Kup (Red with stripe)

- 1.) **Poomse**(Form)
 - a.) Tae-geuk Chil-jang (Tae-geuk 7)
- 2.) **Chah-gi**(Kicks)
 - a.) All previous kicks
 - b.) Cut kick
 - c.) Jump spinning crescent kick
 - d.) Control kicks (front, round, side)
 - e.) 2, 3 and 4 kick combinations all kicks
- 3.) **Gyoroogi**(Sparring)
 - a.) Contact with pads
- 4.) **Target Kicks**
 - a.) Round -> 360 round -> Spinning heel (paddle)
 - b.) Charging jumping back kick (shield)
 - c.) Cut kick (shield)
- 5.) **Hand or Elbow Technique**
 - a.) Spear hand strike
- 6.) **Kyukpa** (Board breaking)
 - Adult 12+
 - a.) Step side - 3 boards
 - b.) Student choice jumping - 2 boards
 - c.) Student choice head high - 1 board
 - d.) Student choice hand or elbow - 1 board
 - Child 11 and under
 - a.) Step side - 2 boards
 - b.) Student choice - 1 boards
 - c.) Student choice head high - 1 board
 - d.) Student choice hand or elbow - 1 board
- 7.) **Push-ups**
 - a.) 40
- 8.) **Leg Lifts**
 - a.) 60
- 9.) **Flexibility**
 - a.) Splits
- 10.) **5 Tenents of Taekwondo**
- 11.) **Attitude**
- 12.) **Discipline**
- 13.) **Concentration**
- 14.) **Terminology - ALL**

***Each Belt Level is responsible for ALL previous requirements**