

# ***Belt Promotion Criteria***

## **USA Martial Arts & Fitness**

### **2nd Kup ( Red )**

- 1.) **Poomse**(Form)
  - a.) Tae-geuk Yuk-Jong ( Tae-geuk 6 )
- 2.) **Chah-gi**(Kicks)
  - a.) All previous kicks
  - b.) Spinning heel/hook kick
  - c.) Control kicks (front, round)
  - d.) 3 kick combinations all kicks
  - e.) 4 kick combinations all kicks
- 3.) **Gyoroogi**(Sparring)
  - a.) Contact with pads
- 4.) **Target Kicks**
  - a.) Triple round (paddle)
  - b.) Round -> Spinning heel (paddle)
  - c.) Round -> Jumping back (shield)
- 5.) **Hand or Elbow Technique**
  - a.) Ridge hand strike
- 6.) **Kyukpa** (Board breaking)
  - Adult 12+
    - a.) One step jumping back - 2 boards
    - b.) Student choice with opposite foot - 2 boards
    - c.) Round kick - 1 board
    - d.) Palm strike - 1 board
  - Child 11 and under
    - a.) One step jumping back - 1 boards
    - b.) Student choice with opposite foot - 1 boards
    - c.) Front foot side - 1 board
    - d.) Hand or Elbow - 1 board
- 7.) **Push-ups**
  - a.) 35
- 8.) **Leg Lifts**
  - a.) 50
- 9.) **Flexibility**
  - a.) Splits
- 10.) **5 Tenents of Taekwondo**
- 11.) **Attitude**
- 12.) **Discipline**
- 13.) **Concentration**
- 14.) **Terminology - add sparring terminology**

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