

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**