

# ***Belt Promotion Criteria***

## **USA Martial Arts & Fitness**

### **3rd Kup ( Blue with stripe )**

- 1.) **Poomse**(Form)
  - a.) Tae-geuk Oh-jang ( Tae-geuk 5 )
  
- 2.) **Chah-gi**(Kicks)
  - a.) All previous kicks
  - b.) Spinning Crescent kick
  - c.) Triple kicks (round)
  - d.) Control kicks (front)
  - e.) 3 kick combinations old and new kicks
  
- 3.) **Gyoroogi**(Sparring)
  - a.) Contact with pads
  
- 4.) **Target Kicks**
  - a.) Spinning crescent (paddle)
  - b.) One step jumping back (shield)
  
- 5.) **Hand or Elbow Technique**
  - a.) Knife hand strike
  
- 6.) **Board Breaks**(Kyukpa)
  - Adult 12+
    - a.) One step back - 2 boards
    - b.) Student choice - 2 boards
    - c.) Jumping front - 1 board
  - Child 11 and under
    - a.) One step back - 1 board
    - b.) Student choice - 1 board
    - c.) Front kick - 1 board
  
- 7.) **Push-ups**
  - a.) 30
  
- 8.) **Leg Lifts**
  - a.) 45
  
- 9.) **Flexibility**
  - a.) Splits
  
- 10.) **5 Tenents of Taekwondo**
  
- 11.) **Attitude**
  
- 12.) **Discipline**
  
- 13.) **Concentration**
  
- 14.) **Terminology**

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