

# ***Belt Promotion Criteria***

## **USA Martial Arts & Fitness**

### **5th Kup ( Green with stripe )**

- 1.) **Poomse**(Form)
  - a.) Tae-geuk sam-jang - Tae-geuk 3
- 2.) **Chah-gi**(Kicks)
  - a.) All previous kicks
  - b.) Jumping back kick
  - c.) Jumping axe kick (in/out,out/in)
  - d.) Skipping hook kick
  - e.) Double kick round/round
  - f.) 2 and 3 kick combinations all kicks
- 3.) **Gyoroogi**(Sparring)
  - a.) Free sparring no contact, controlled - belt level technique
- 4.) **Target Kicks**
  - a.) Jumping axe (in/out,out/in) (paddle)
  - b.) Jumping back (shield)
- 5.) **Board Breaks**(Kyukpa)
  - Adult 12+
    - a.) Front kick - 1 board
    - b.) Jumping back - 1 board
    - c.) Elbow <vertical/down> - 1 board
  - Child 11 and under
    - a.) Jumping back - 1 board
    - b.) Elbow - 1 board
- 6.) **Hand or Elbow Technique**
  - a.) Elbow - vertical (down)
- 7.) **Push-ups**
  - a.) 20
- 8.) **Leg Lifts**
  - a.) 35
- 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**