

# ***Belt Promotion Criteria***

## **USA Martial Arts & Fitness**

### **6th Kup ( Green )**

- 1.) **Poomse**(Form)
  - a.) Tae-geuk Ee-Jong ( Tae-geuk 2 )
  
- 2.) **Chah-gi**(Kicks)
  - a.) All previous kicks
  - b.) Rear leg side kick
  - c.) Double kicks- front/front, front/round
  - d.) 3 kick combinations old and new kicks
  
- 3.) **Gyoroogi**(Sparring)
  - a.) Free sparring no contact, controlled - belt level technique
  
- 4.) **Target Kicks**
  - a.) Double kicks (paddle)
  - b.) Rear leg side (shield)
  
- 5.) **Board Breaks**(Kyukpa)
  - Adult 12+
    - a.) Rear leg side - 1 board
    - b.) Elbow strike - 1 board
  - Child 11 and under
    - a.) Back kick - 1 board
    - b.) Hammerfist - 1 board
  
- 6.) **Push-ups**
  - a.) 20
  
- 7.) **Leg Lifts**
  - a.) 35
  
- 8.) **Flexibility**
  - a.) Splits
  
- 9.) **5 Tenents of Taekwondo**
  
- 10.) **Attitude**
  
- 11.) **Discipline**
  
- 12.) **Concentration**
  
- 13.) **Terminology**

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