

Belt Promotion Criteria

USA Martial Arts & Fitness

7th Kup (Yellow with stripe)

- 1.) **Poomse**(Form)
 - a.) Tae-geuk Il-jong (Tae-geuk 1)

- 2.) **Chah-gi**(Kicks)
 - a.) 3 kick combinations of previous kicks
 - b.) Skipping/jumping round kick
 - c.) Back kick
 - d.) Axe kick (outside, inside)
 - e.) 2 kick combinations of new kicks

- 3.) **Gyoroogi**(Sparring)
 - a.) Free sparring no contact, controlled

- 4.) **Target Kicks**
 - a.) Axe kick out/in, in/out (paddle)
 - b.) Back kick (shield)

- 5.) **Board Breaks**(Kyukpa)
 - Adult 12+
 - a.) Back kick - 1 board
 - b.) Hammer fist - 1 board
 - Child 11 and under
 - a.) Back kick - 1 board

- 6.) **Push-ups**
 - a.) 15

- 7.) **Leg Lifts**
 - a.) 30

- 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**