

Belt Promotion Criteria

USA Martial Arts & Fitness

8th Kup (Yellow)

- 1.) **Poomse**(Form)
 - a.) Base Form Two(Kicho poomse Ee Bu)

- 2.) **Chah-gi**(Kicks)
 - a.) Skipping/Jumping Side kick
 - b.) Step Hook kick
 - c.) 2 kick combinations of all kicks
 - d.) All previous kicks

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

- 4.) **Target Kicks**
 - a.) Hook kick (paddles)
 - b.) Skipping Side kick (shield)

- 5.) **Board Breaks**(Kyukpa)
 - Adult 12+
 - a.) Skipping side kick - 1 board
 - Child 11 and under
 - a.) Skipping side kick - 1 board

- 6.) **Push-ups**
 - a.) 12

- 7.) **Leg Lifts**
 - a.) 25

- 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**