

# ***Belt Promotion Criteria***

## ***USA Martial Arts & Fitness***

### **9th Kup (White with Stripe)**

- 1.) **Poomse**(Form)
  - a.) Base Form One(Kicho Poomse Il Bu)
  
- 2.) **Chah-gi**(Kicks)
  - a.) Front kick
  - b.) Crescent kick (Outside,Inside)
  - c.) Side kick
  - d.) Jumping Front kick
  - e.) Round kick
  
- 3.) **Gyoroogi**(Sparring)
  - a.) 3 step no contact
  
- 4.) **Target Kicks**
  - a.) Round kick (Paddle)
  - b.) Step side kick (Shield)
  
- 5.) **Board Breaks**(Kyukpa)
  - Adult 12+
    - a.) Step side kick - 1 board
  - Child 11 and under
    - a.) Step side kick - 1 board
  
- 6.) **Push-ups**
  - a.) 10
  
- 7.) **Leg Lifts**
  - a.) 20
  
- 8.) **Flexibility**
  - a.) Splits
  
- 9.) **5 Tenets of Taekwondo**
  1. Courtesy
  2. Integrity
  3. Self Control
  4. Perseverance
  5. Indomitable Spirit
  
- 10.) **Attitude**
  
- 11.) **Discipline**
  
- 12.) **Concentration**
  
- 13.) **Terminology**

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