

Adult Deputy Black Belt 1st Star Promotion Exam Contents

- ❖ Students must take a minimum of 32 classes in 4 months to be eligible for promotion to the next level

Hapkido	Hapkido kicks 7 - 12
Poomse # 7 Tae geuk Chil Jahng	The seventh TKD form coordinates cat-stance, scissor block, doubled fist low punch, inside crescent kick and side punch through 23 movements. Poomse # 7: This form represents the mountain, meaning ponderosity and firmness. ✓ Key point: Learn and practice double knife hand low-block, middle palm press block, middle wedge block, inside crescent kick.
Level Kick (Double motioned Ft.turning kick)	Students will learn and be able to perform “ Double Front Turning kick ”— (Hanbahl ro Dubun Yeonsok Dolryo Chagi): Low and middle. ✓ Key point: Practice on exact targeting area and use knee motion properly.
Combinations	Middle block, double front turning kick and jumping 360 back round hook kick
Sparring (Kyorugi) One on One	Step and kick combination #3 and #4 One on one
Breaking	Instructor choice
One Step Self-Defense	# 18
Terminology & Words	Hyo 孝(孝): be unconditionally obedient to your parents