

# Adult Deputy Black Belt 3<sup>rd</sup> Star Promotion Exam Contents

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

<b>Hapkido</b>	Falling and rolling 6 - 10
<b>Poomse # 8</b> Tae geuk Pahl Jahng (Adults only)	The eight TKD form that coordinates with jumping double front kick, single mountain block, upper cut punch and elbow strikes through 23 movements.  Poomse # 8: This form represents “Yin” (Um) and earth, meaning the root and settlement and also the beginning and the end. ✓ Key point: Use proper jumping technique and the single mountain block.
<b>Level Kick</b> (Double motioned Back kick)	Students will learn and be able to perform “ <b>Double Back Kick</b> ”—(Hanbahl ro Dubun Yeonsok Dwi Chagi). ✓ Key point: Practice on exact targeting area and use knee motion properly.
<b>Combinations</b>	Step backward palm middle block, 360 jumping back kick both directions.
<b>Sparring</b> ( Kyorugi ) One on One	Step and kick combination #7 and #8  One on one
<b>Breaking</b>	Instructor choice
<b>One Step Self-Defense</b>	#20 and #21
<b>Speech</b> ( Required written essay)	We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of the best ways to build their leadership skills, character and confidence.  Adult topic: What does it take to be a leader?
<b>Terminology &amp; Words</b>	<b>Choong 충(忠):</b> Be utmost loyal to your country.