

Adult Deputy Black Belt Promotion Exam Contents

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

Hapkido Kicks # 1 to # 6	At this level students will learn the fundamental Hapkido kicks for self-defense techniques. It is different from Taekwondo but very practical in real life situations. <ul style="list-style-type: none"> ✓ Key point: Memorize the exact striking point areas. ✓ Pay close attention on the pivot point to prevent possible knee and/or ankle injuries.
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 front kick)	Students will learn and be able to perform “ Double Front Kick ”—(Hanbahl ro Dubun Yeonsok Chagi). <ul style="list-style-type: none"> ✓ Key point: Practice on exact targeting area and use knee motion properly.
Combinations	Double middle punch and double front kick, front turning kick and 360 jumping back kick
Sparring (Kyorugi)	Step and kick combination # 1 and # 2 One on one
Breaking	Instructor choice
One Step Self-Defense	# 17
Terminology & Words	Ui 의(義): To be just and fair to other people