

Kids 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 Kicks	Hapkido kicks 7 - 12 <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 # 3 Tae geuk Sam Jahng	The third TKD form coordinates all basic blocks, punches, and kicks in two basic stances through 20 movements. Poomse # 3; This form represents “hot” and “bright” (fire), this is to encourage the trainees to harbor a sense of justice and ardor for their training. <ul style="list-style-type: none"> ✓ Key point: Learn and practice how to use knife hand block and strike.
Poomse #4 Tae geuk Sah Jahng	The forth TKD form coordinates all basic blocks, punches, knife-hand strikes and spear hand strikes through 18 movements. Poomse # 4; This form represents thunder, great power and dignit <ul style="list-style-type: none"> ✓ Key point: Learn and practice how to use knife hand blocks and strikes.
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. <ul style="list-style-type: none"> ✓ 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	# 6 - # 10
Speech (Required written essay) Children only	Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure only. <u>We do not need to know the Parents essay skills.</u> Children: What has been an unforgettable lesson from Taekwondo?
Terminology & Words	Hyo 孝(孝): be unconditionally obedient to your parents