

Kids Deputy Black Belt 2nd 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	Falling and Rolling 1-5
Poomse # 5 Tae geuk Oh Jahng	The fifth TKD form coordinates scissor blocks, back-fist strikes and elbow strikes through 20 movements. Poomse # 5: This form represents the wind, meaning both a mighty force and calmness according to its strengths and weaknesses. ✓ Key point: Learn and practice how to use a back-fist strike and scissor block.
Poomse # 6 Tae geuk Yook Jahng	The sixth TKD form coordinates Double knife-hand block, high front turning kick and middle palm press block through 19 movements. Poomse # 6: This form represents water, meaning incessant flowing and softness. ✓ Key point: Mastering how to use double knife-hand block, middle palm press block And high front turning kick
Level Kick (Double motioned Side kick)	Students will learn and be able to perform “ Double Side Kick ”—(Hanbahl ro Dubun Yeonsok Yeop Chagi). ✓ Key point: Practice on exact targeting area and use knee motion properly.
Combinations	Middle knife-hand block, double sidekick and step forward reverse jumping turning kick.
Sparring (Kyorugi) One on One	Step and kick combination #5 and #6. One on one
Breaking	Instructor choice
One Step Self-Defense	#11 - #15
Speech (Required written essay)	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: Describe the characteristics of a “good” person.
Terminology & Words	Yea 예(禮): Be gentle to other people.