

Kids Deputy Black Belt 3rd 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	Falling and Rolling 6-10
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.
Poomse # 8 Tae geuk Pahl Jahng	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.
Level Kick (Double motioned Back kick)	Students will learn and be able to perform “ Double Back Kick ”—(Hanbahl ro Dubun Yeonsok Dwi Chagi). ✓ Key point: Practice on exact targeting area and use knee motion properly.
Combinations	Step backward palm middle block, 360 jumping back kick both directions.
Sparring (Kyorugi) One on One	Step and kick combination #7 and #8 One on one
Breaking	Instructor choice
One Step Self-Defense	#16 - #21
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 does it take to be a leader?
Terminology & Words	Choong 충(忠): Be utmost loyal to your country.

Go beyond your dreams! Success is your choice!