

Kids 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	Hapkido kicks 1-6 <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 # 1 Tae geuk Il Jahng	The first TKD form that coordinates all basic blocks, punches, kicks in two basic stances through 18 movements. Poomse #1 represents sky or heaven. Key point: Learn correct differences between walking stance and front stance.
Poomse #2 Tae geuk Ee Jahng	The second TKD form that coordinates all basic blocks, punches, and kicks in two basic stances through 18 movements. Poomse # 2: this form signifies the inner firmness and the outer softness (lake). Key point: Learn correct differences between walking stance and front stance.
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) One on One	Step and kick combination # 1 and # 2 One on one <ul style="list-style-type: none"> ✓ Key point: Use proper sparring steps to enhance effectiveness in techniques and spend less energy.
Breaking	Instructor choice
One Step Self-Defense	#1 - #5
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 is the meaning of a Black belt student?
Terminology & Words	Ui 의(義): To be just and fair to other people