

Red Stripe testing for Poom Belt

Terminology

Green – Blue Belt

Hand Techniques

- 1) Down Block, High Block/Middle Punch (vertical fist)
- 2) Uppercut

Kicking

- 1) Green Belt – Blue Belt
- 2) Jump Back Hook Kick**
- 3) Split Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Red Stripe Belt 1 - 3

Forms

Taeguk Sam Jang

Taeguk Sa Jang

Taeguk O Jang

Koryo

Breaking

3 Targets

Speed Break

Skip/Jump Side Kick (3 Board Minimum)

Front Snap Kick (Ball of Foot)

Break Fall

Back Fall (Shown with Terminology)

Experience

Minimum 20 Classes

** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)