



Marietta Martial Arts

Testing Requirements

To become Blue Belt – 5th Gup

1. Basic Hand and Foot Techniques

- Horse riding stance: Double side low knife-hand block, double side middle knife-hand block
- Kicking techniques: In-out ax kick, same leg side kick, back kick
- Combination techniques: Reverse outside-in block w/in-out, spin back fist into back stance

2. Combination Kicking Techniques

- In-out ax kick / same leg side kick / back kick – double punch

3. One-step Sparring - #9 & #10

- #9 Punch – RF step to 4 o'clock / LF front snap kick / RF back kick / double punch
- #10 Punch – LF step to 8 o'clock / RF side kick and land in horse riding stance / double punch

4. Form - Tae Geuk Sa Jang

5. Self-defense - #9 & #10

- #9 - Two hand shirt grab
- #10 - Shoved

6. Free-Sparring – Good Control – one round

7. Breaking Technique – Ax kick

8. General Knowledge

- To say "Hello, How are you?" in Korean is "An Young Ha Shim Neeka".
- To say "Good-bye" in Korean is "An Young E K Ship Sheeo"

"A winner sees an answer for every problem. A loser sees a problem in every answer."