



Marietta Martial Arts

Testing Requirements

To become Sr. Red – 2nd Gup

1. Basic Hand and Foot Techniques

- Horse riding stance: Front double outside middle
- Kicking techniques: Jumping back kick, skipping side kick, ax kick
- Combination techniques: Double knife hand block/fingertip strike

2. Combination Kicking Techniques

- Jumping back kick / skipping side kick / ax kick – double punch

3. One-step Sparring- #15 & #16

- #15 Punch – RF step to 1 o'clock / RH inside knife hand block / RH knife hand strike to neck / RF side kick to stomach
- #16 Punch – LF

4. Form - Tae Geuk Chil Jang

5. Self-defense - #15 & #16

- #15 – Knife – front, held at throat
- #16 – Knife –from behind

6. Sparring – Good control – 2 attackers

7. Breaking Technique – Jumping back kick

8. General Knowledge

- Bring out the positive qualities that have always been part of you! Visualize your goals as you practice the art of Tae Kwon Do.

"A journey of a thousand miles begins with a single step."