



Marietta Martial Arts

Testing Requirements

To become Orange Belt – 8th Gup

1. Basic Hand and Foot Techniques

- Horse riding stance: Front low block, front middle block, high block
- Basic kicking: Skipping roundhouse, skipping side kick, back kick
- Basic blocking: Low block w/ reverse middle punch, reverse out-in block, reverse high block

2. Combination Kicking Techniques

- Skipping roundhouse / skipping side kick / back kick – double punch

3. One-step Sparring - #3 & #4

- #3 - Punch – RF step to 1 o'clock / RH inside block / LF step to 3 o'clock / LH elbow strike / LH hammer fist to groin / LH back fist to nose
- #4 - Punch – LF step 10 o'clock / LH inside block / triple punch / move RF behind attacker and RH to throat / RF sweep into long stance and RH push to throat / LH punch to face when the attacker in on the ground

4. Form – Tae Geuk IL JANG

5. Self-defense - #3 & #4

- #3 - One hand shirt grab
- #4 - Two hand shirt grab

6. Sparring

- 3 kick combination sparring (no contact, good control)

7. Breaking Technique – Roundhouse

8. General Knowledge

- The Korean term for "Master Instructor" is "Kwan Jang Nim".
- The Korean term for "Instructor" is "Sa Bom Nim".
- The respectful way to sit during Tae Kwon Do practice is with your legs crossed and your hands resting on your knees.

"Without patience, there is no victory."