



Marietta Martial Arts

Testing Requirements

To become Brown – 4th Gup

1. Basic Hand and Foot Techniques

- Horse riding stance: Double front low 'X' block, double front high 'X' block
- Kicking techniques: Double roundhouse kick (one kick for each leg), tornado kick, stepping side kick
- Combination techniques: Double knife hand strike, double palm strike, Out-in middle block, spin back fist

2. Combination Kicking Techniques

- Double roundhouse kick (one kick for each leg) / tornado kick / stepping side kick – double punch

3. One-step Sparring - #11 & #12

- #11 Punch – RF inside-out crescent kick knocking punch away / spinning heel kick / double punch
- #12 Punch – LF outside-in crescent kick knocking punch away / tornado kick / double punch

4. Form - Tae Geuk Oh Jang

5. Self-defense - #11 & #12

- #11 - Kick
- #12 - Kick

6. Sparring – Good control – two rounds

7. Breaking Technique – Tornado kick

8. General Knowledge

- To bow to one another in Tae Kwon Do signifies a greeting and mutual display of respect.
- A few benefits from the practice of Tae Kwon Do are self-confidence, physical fitness, stress reduction, and self-discipline.

"Be careful of your goals because you are likely to achieve them."