



Marietta Martial Arts

Testing Requirements

To become Green Belt – 7th Gup

1 Basic Hand and Foot Techniques

- Horse riding stance: Side low block, side middle block, side high block
- Kicking techniques: Change stance then roundhouse kick, hook kick, turn backwards then roundhouse kick
- Combination techniques: Inside-out block, knife hand strike, down block/reverse punch

2. Combination Kicking Techniques

- Change stance then roundhouse kick / hook kick / turn backwards then roundhouse kick – punch

3. One-step Sparring - #5 & #6

- #5 - Punch – RF step to 2 o'clock / RH outside-in block to punch / RH back-fist to face and turn body 180° / LH knife hand strike to neck
- #6 - Punch – LF step to 10 o'clock / LH out-in block / RF turn 180° to back side with knife hand strike to neck / RH to throat and sweep w/ RF / LH punch to face when the attacker in on the ground

4. Form – Tae Geuk EE Jang

5. Self-defense - #5 & #6

- #5 – Bear hug
- #6 – Head lock

6. Sparring

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

7. Breaking Technique - Side kick

8. General Knowledge

- Tae Kwon Do is the ancient Korean martial art of self-defense.
- Tae Kwon Do --Tae - to jump or kick with the foot, Kwon - to defend with the hand, Do - the art or the way

"Your willingness to 'Go the Extra Mile', to give above and beyond what is expected, leads to mental growth, to physical skill and to perfection. This formulation is absolutely necessary for success."