



# Marietta Martial Arts

## Testing Requirements

### To become Purple – 6<sup>th</sup> Gup

#### 1. Basic Hand and Foot Techniques

- Horse riding stance: Front knife hand strike, side single knife hand strike
- Kicking techniques: Front leg side kick, stepping forward then back-kick, Out-in ax kick
- Combination techniques: High block w/ knife hand strike, back stance w/ single knife hand, back stance w/ double knife hand

#### 2. Combination Kicking Techniques

- Front leg side kick / stepping forward then back-kick / Out-in ax kick – double punch

#### 3. One-step Sparring - #7 & #8

- #7 - RF step to 4 o'clock / RF roundhouse kick to face / LF spinning heel kick
- #8 - LF step to 9 o'clock / RH inside-out knife block to the punching arm then grab with your RH / RF roundhouse kick to stomach / LH punch to face

#### 4. Form - Tae Geuk SAM JANG

#### 5. Self-defense - #7 & #8

- #7 – Punch
- #8 – Punch

#### 6. Sparring - Good control – one round

#### 7. Breaking Technique - Back kick

#### 8. General Knowledge

- "Poomse" (Forms) - Forms are a series of systematic movements, which are necessary for defense and attack. Each belt level has its own form in Tae Kwon Do. By practicing the form, one begins to learn subtly of movement, grace, speed & power.
- A serious student must realize that with time and effort you can achieve any goal. Remember along the journey to your goal that you may experience highs and lows. A true winner will never tire of learning.

*"Patience is a virtue."*