



# Marietta Martial Arts

## Testing Requirements

### To become Deputy Belt – 1<sup>st</sup> Gup

#### 1. Basic Hand and Foot Techniques

- Horse riding stance:
- From sparring stance: Front leg roundhouse kick, double side kick (same leg), jumping front snap kick
- Combination techniques: Scissors block/jump back fist, Knife hand strike/elbow strike

#### 2. Combination Kicking Techniques

- Front leg roundhouse kick / double side kick (same leg) / jumping front snap kick – double punch

#### 3. One-step Sparring - #17 & #18

- #17 Punch – RF step to 6 o'clock / LH inside block then grab attackers arm / RF step clockwise to 11 o'clock / LH raise attackers arm onto your L shoulder & break their elbow / RF step clockwise to 5 o'clock / LH twists attackers arm counter clockwise / RH knife strike to neck
- #18 Punch – LF step to 6 o'clock / RH inside block / LF step counter clockwise to 12 o'clock / R elbow to stomach / RF step clockwise behind attackers front leg / RF sweep while hands grab arm and chest / RH punch to face while on ground and LF is holding attackers arm

#### 4. Form - Tae Geuk Pal Jang

#### 5. Self-defense - #17 & #18

- #17 – Gun
- #18 – Gun

#### 6. Sparring - Good control – 1 on 1 & 1 on 2

#### 7. Breaking Technique – 4 kick combination

#### 8. General Knowledge

- The Korean flag is called Tae Geuk. The various corner sections represent fire, water, sky and earth. The central design indicates that while there is a constant movement within the sphere of infinity, there are also balance and harmony.
- The American flag was designed to demonstrate the unification of the 13 colonies as they separated from England. The flag consists of 13 stripes, each stripe representing one of the original colonies. The colors of red and white signify the courage and loyalty of the colonist. As America grew, one star was added on the field of blue for each state in the union.

*"Winning starts with beginning."*