



Marietta Martial Arts

Testing Requirements

To become Yellow – 9th Gup

1. Basic Hand and Foot Techniques

- Horse riding stance: Middle body punch (single, double, triple)
- Basic kicking: Front snap kick, roundhouse kick, side kick
- Basic blocking: Low block, middle block, high block

2. Combination Kicking Techniques

- Front snap kick / roundhouse / side kick / double punch (2 sets of combinations)

3. One Step Sparring

- #1 – RF step R 45 to 2 o'clock / double knife hand (LH block and RH strike to neck) / RH back fist to face
- #2 – LF step L step 10 o'clock / LH inside block / triple punch

4. Form – Basic

5. Self-Defense

- #1 – Same hand wrist grab, same side kick, pull away from body
- #2 – Opposite hand wrist grab, opposite side kick, pull across body

6. Sparring

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

7. Breaking Technique – Front snap kick

8. General Knowledge

- A TKD student should always appear in a clean uniform with their belt tied correctly during all TKD practices.
- Counting
 - One - Hana
 - Two -Duhl
 - Three - Set
 - Four - Net
 - Five - Dasut
 - Six - Yasut
 - Seven - Ilgob
 - Eight - Yoduhl
 - Nine - Ahup
 - Ten - Yuhl

"How to be a winner? Set your goal, believe in yourself and think positively."