



Marietta Martial Arts

Testing Requirements

To become Red Belt – 3rd Gup

1. Basic Hand and Foot Techniques

- Horse riding stance: Side low block w/outside middle, upper cut
- Kicking techniques: Roundhouse kick, spinning heel kick, jumping side kick
- Combination techniques: Double knife hand block spin double knife hand

2. Combination Kicking Techniques

- Roundhouse kick / spinning heel kick / jumping side kick – double punch

3. One-step Sparring - #13 & #14

- #13 Punch – RF step to 6 o'clock / LH inside block / 180 degree pivot clockwise on LF / R elbow strike to attackers back / 180 degree pivot counter clockwise on LF / RF RH to attackers stomach
- #14- Punch – LF

4. Form - Tae Geuk Yook Jang

5. Self-defense - #13 & #14

- #13 – Ground kick
- #14 – Ground kick

6. Sparring - Good control – two rounds

7. Breaking Technique – Spinning heel kick

8. General Knowledge

- Student Creed
 - To building ourselves physically and mentally.
 - To build friendship with one another and to be a strong group.
 - Never fight to achieve selfish means but to develop might for right.
- Tae Kwon Do Oath
 - I shall observe the tenets of Tae Kwon Do.
 - I shall respect the instructors and all seniors.
 - I shall never misuse Tae Kwon Do.
 - I shall build a more peaceful world.

"If you believe in your dreams, there's no limit to what you can do."