



UMS Tae Kwon Do

Super Red go to Semi Black belt

1. **MEMORIZATION** : Back Hook Kick – Dui Dolyo Cha Ki,

* Adult's Code :

Cho Ji Il kwan – To finish what I have started
and reach my goal.

* Children's Home Rule #1 - 10 :

* Students creed all (adults, teens, children) :

I will practice in the **spirit** of Martial Arts, with **Courtesy** for my fellow students, **loyalty** for my Instructors and our country, and **respect** for my parents and all people, I shall live with **perseverance** in the **spirit** of Martial Arts, having **honor** for others, **integrity** with myself, **self-control** in my actions, and an **indomitable** spirit to finish what I have started, to reach my goals and set new ones, Sir.

2. **Technique** : All movement and Stance, all kicks

* Form – Tae Kuek Yook jang all,

* Black belt One step sparring – #1 - 5

* **Kicking technique**

Make own 5 different combination kicks

* **Breaking Tech : 5 boards**

(Judge will order 5 different technique)

3. **Strength Test** : Children : Push up 40 times, Sit up 40 times
Adults & Teens: Push up 50 times, Sit up 50 times

4. **Sparring** : Free sparring