

## Promotion Requirements

### ***WHITE TO YELLOW***

- Basics:
  - Riding Horse Motion Punching Attack
  - Front Kick
  - Roundhouse Kick
  - Side Kick
- Terminology
- Breaking: Hammer Fist

### ***YELLOW TO SENIOR YELLOW***

- All Basic Requirements plus:
  - Side Punch
  - Back Kick
- Basic Form #1
- Free Sparring
- Terminology
- Breaking: Side Kick

### ***SENIOR YELLOW TO GREEN***

- All Basic Requirements plus:
  - Side Block
- Basic Form #1, #2
- Free Sparring
- Terminology
- Breaking: Front Kick

### ***GREEN TO SENIOR GREEN***

- All Basic Requirements plus:
  - Knife Hand Upper Block
  - Knife Hand Low Block
  - Axe Kick
- Basic Form #2, #3
- Free Sparring
- One Step Sparring (4)
- Terminology
- Breaking: Axe Kick

### ***SENIOR GREEN TO BLUE***

- All Basic Requirements
- Basic Form #3, Palgae Form #1
- Free Sparring
- One Step Sparring (5)
- Terminology
- Breaking: Back Kick

### ***BLUE TO SENIOR BLUE***

- All Basic Requirements
- Palgae Forms #1, #2
- Free Sparring
- One Step Sparring (6)
- Terminology
- Breaking: Flying Side Kick

### ***SENIOR BLUE TO BROWN***

- All Basic Requirements
- Palgae Forms #3, #4
- Free Sparring
- One Step Sparring (7)
- Terminology
- Breaking: Knife Hand

### ***BROWN TO SENIOR BROWN***

- All Basic Requirements
- Palgae Forms #4, #5
- Free Sparring
- One Step Sparring (8)
- Breaking: Jump Back Kick

### ***SENIOR BROWN TO RED***

- All Basic Requirements
- Palgae Forms #5, #6
- Free Sparring
- One Step Sparring (9)
- Breaking: Front Hook Kick

### ***RED TO TEMPORARY BLACK***

- All Basic Requirements
- Palgae Forms #6, #7
- Free Sparring
- One Step Sparring (10)
- Breaking: Back Wheel Kick or Block

### ***TEMPORARY BLACK TO BLACK***

- All Basic Requirements
- ALL FORMS
- Free Sparring

- One Step Sparring (10 – Jr., 15 – Sr.)
- Breaking: Speed Wheel Kick or Block