

**PROMOTION REQUIREMENTS**  
**1<sup>st</sup> Gup Red Belt Testing for Temporary 1<sup>st</sup> Dan**

Forms	<i>Bassai Dae Chung Moo Pyung Ahn O Dan HwaRang All Lower Forms</i>
One Steps	<i>Long (20 Steps)</i>
Terminology	<i>All</i>
Breaking Technique	<i>Double Jumping Kicks</i>
Sparring	
Thesis	

**LONG ONE STEPS**

(Attack from low block)

ATTACK	COUNTER
1. Middle Punch- All kicks are to be done with both legs	Run to opponent and do: Jump front kick Jump side kick Jump roundhouse kick Jump back kick Flying side kick Flying roundhouse kick

**BASIC ONE STEPS**

ATTACK	COUNTER
1. Middle or high punch-	Defend using: 5 hand counters 5 kicking counters 5 takedowns

**THESIS**

How Tae Kwon Do has affected my life

Adults – five typed double spaced pages

Children (under 12) – 3 typed double spaced pages