

**USA Spirit Christian TaeKwonDo Academy  
Promotion Application and Test Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Club: Moorhead/Hawley/Dilworth/Fargo Email: \_\_\_\_\_

Date: \_\_\_\_\_

<u>Present Rank</u>	<u>Rank Applied For</u>	<u>Test Fee</u>
10th Gup (White)	9 <sup>th</sup> Gup (Yellow Stripe)	\$30
9 <sup>th</sup> Gup (Yellow Stripe)	8 <sup>th</sup> Gup (Yellow)	\$30
8 <sup>th</sup> Gup (Yellow)	7 <sup>th</sup> Gup (Green Stripe)	\$40
7 <sup>th</sup> Gup (Green Stripe)	6 <sup>th</sup> Gup (Green)	\$40
6 <sup>th</sup> Gup (Green)	5 <sup>th</sup> Gup (Blue Stripe)	\$50
5 <sup>th</sup> Gup (Blue Stripe)	4 <sup>th</sup> Gup (Blue)	\$50
4 <sup>th</sup> Gup (Blue)	3 <sup>rd</sup> Gup (Red Stripe)	\$60
3 <sup>rd</sup> Gup (Red Stripe)	2 <sup>nd</sup> Gup (Red)	\$60
2 <sup>nd</sup> Gup (Red)	1 <sup>st</sup> Gup (Black Stripe)	\$80

**CREDIT TESTS:** **\$100**

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<b>POOMSE (Patterns):</b>	<b>4-Way</b>	<b>L</b>	<b>M</b>	<b>H</b>	<b>Kibon-Hyung</b>
TAEGEUK	1 2 3	4	5	6	7 8
KORYO	KEUMGANG	TAEBAEK			

**ARRANGED SPARRING:**

<b>ONE STEPS</b>	1	2	3	4	5	6	7	8	9	10
<b>3-2-1</b>	1:321	2:321	3:321	4:321	5:321					

**KICKING COMBINATIONS:**

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20				

**SPARRING TECHNIQUES:**

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20				

<b>SELF DEFENSE</b>	1	2	3	4	5
<b>BASIC KICKS</b>	1	2	3	4	5
<b>BASIC STRIKES</b>	1	2	3	4	

**BREAKING:**

9 dominant side kick	8 non-dominant side kick	7 dominant spin side kick
6 non-dominant spin side kick	5 jump front kick	4 back-spin
3 roundhouse, 2-board side kick	2 hand/foot	1 applicant's choice

**RECOMMENDED FOR NEW GRADE BY:** \_\_\_\_\_  
(Examiner/Master Instructor)