

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

Name: _____ DOB: _____

Club: Moorhead/Hawley/Oakes/Dilworth/Finley

Date: _____ Phone: _____

Present Rank	Rank Applied For	Test Fee
10 th Gup (White)	9 th Gup (Yellow Stripe)	\$40
9 th Gup (Yellow Stripe)	8 th Gup (Yellow)	\$40
8 th Gup (Yellow)	7 th Gup (Green Stripe)	\$50
7 th Gup (Green Stripe)	6 th Gup (Green)	\$50
6 th Gup (Green)	5 th Gup (Blue Stripe)	\$60
5 th Gup (Blue Stripe)	4 th Gup (Blue)	\$60
4 th Gup (Blue)	3 rd Gup (Red Stripe)	\$70
3 rd Gup (Red Stripe)	2 nd Gup (Red)	\$70
2 nd Gup (Red)	1 st Gup (Black Stripe)	\$80
CREDIT TESTS:		\$100

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

ARRANGED SPARRING:

ONE STEPS	1	2	3	4	5	6	7	8	9	10
3-2-1	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				

SELF DEFENSE	1	2	3	4	5
BASIC KICKS	1	2	3	4	5
BASIC STRIKES	1	2	3	4	5

BREAKING:

9 dominant side kick	8 non-dominant side kick	7 dominant spin 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: Master John/Master Kim