

MIDWEST MARTIAL ARTS

Hybrid Taekwondo 1st Poom/Dan Requirements

| | |
|---|--|
| <p><u>STANCES:</u></p> <p>Double Outside Block</p> <p>All previous</p> | <p><u>KICKS:</u> (Green)</p> <p>Demonstrate all previous kicks in combinations. Create 5 combinations.</p> <p>Double Spin Hook kick – High & Low Jump Double Front Kick</p> <p>Front kick – Jump Spin Hook Kick (challenge)</p> |
| <p><u>STRIKES:</u> (Yellow)</p> <p>Demonstrate all previous kicks in combinations. Create 5 combinations.</p> <p>Kickboxing Combinations:</p> <ol style="list-style-type: none">1. Jab, Cross, Hook, Hook2. Jab, Cross, Slip, Hook, Uppercut3. 1 & 2 + Roundhouse, Roundhouse4. 1 & 2 + Immediate Roundhouse, Turn Back Kick <p><u>SPARRING:</u></p> <p>Taekwondo sparring Kickboxing (light contact)</p> | <p><u>BREAK FALLS:</u> (Blue)</p> <p>Demonstrate all previous falls.</p> <p><u>THROWS:</u></p> <p>Demonstrate all previous throws.</p> <p>Roundhouse kick counter – Uchi Mata Variation</p> |
| <p><u>FORM:</u> (Red)</p> <p>Koryo</p> | |
| <p><u>SELF DEFENSE:</u> (White)</p> <p>Demonstrate all previous techniques.</p> <p>Groundwork:</p> <p>Armbar from guard Triangle choke from guard Triangle choke from Kesa Gatame</p> <p>Transitional flow (5 minutes) Self-defense randori (5 minutes)</p> | <p><u>WEAPONS:</u> Arnis/Escrima:</p> <p>Disarms from 1-12 angles of attack. Roll block</p> |

ENDURANCE TEST:

- 2-mile run
- 25 push-ups
- 25 sit ups
- Doubles (50)
- Sparring (5 minutes continuous)

COMMUNITY & LEADERSHIP:

- Get involved (volunteer) in a community project or event. (promotion tests, school events, etc.)
- Obtain an Asst. Instructor Certification from Leadership Academy.

KNOWLEDGE: (Silver)

- List all the tenants of Taekwondo and what they mean.
- List all the LDRSHIP values and what do they mean.
- List the Color Codes of Awareness and what they mean.
- List the first 5 principles of Small Circle Jujitsu and what they mean.