

MIDWEST MARTIAL ARTS

Hybrid Taekwondo 2nd Poom/Dan Requirements

<p><u>STANCES:</u></p> <p>All previous</p>	<p><u>KICKS:</u> (Green)</p> <p>Demonstrate all previous kicks in combinations. Create 5 combinations.</p> <p>NEW* Muay Thai Roundhouse Kick Switch kick</p>
<p><u>STRIKES:</u> (Yellow)</p> <p>Demonstrate all previous kicks in combinations. Create 5 combinations.</p> <p><u>SPARRING:</u> Taekwondo sparring Kickboxing (light contact)</p>	<p><u>BREAK FALLS:</u> (Blue)</p> <p>Demonstrate all previous falls.</p> <p><u>THROWS:</u> Demonstrate all previous throws.</p> <p>Drop knee shoulder throw.</p>
<p><u>FORM:</u> (Red)</p> <p>Kumgang</p>	
<p><u>SELF DEFENSE:</u> (White)</p> <p>Demonstrate all previous techniques.</p> <p>Transitional flow (8 minutes) Self-defense randori (8 minutes)</p> <p><u>Joint locks:</u> 6 directional control – Index finger lock Hammer lock Underhand wrist lock</p> <p>Flow Drill: Level 2 (complete)</p> <p><u>Arm Bars:</u> Armbar inside wrap Reverse figure four armbar Shin armbar</p>	<p><u>KICKBOXING:</u></p> <p>Boxing Combinations:</p> <ol style="list-style-type: none">1. Jab, Cross, Hook, Hook2. Jab, Cross, Slip, Hook, Uppercut3. Jab, Body Hook, Head Hook, Elbow4. Jab, Cross, Body Hook, Head Hook, Elbow5. Jab, Cross, Hook, Elbow, (L) Elbow, Spinning Elbow <p>References:</p> <ol style="list-style-type: none">1. Jab, cross, low roundhouse2. Jab, cross, jab, switch kick3. Jab, cross, jab, switch kick, spin back kick

ENDURANCE TEST:

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

Your goal is to beat your previous times.

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 all 16 principles of Small Circle Jujitsu and what they mean.