

# Promotion Techniques

*For Current 3Dan Level 0 - 5*

**Write your techniques and turn in with your test application**

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Creative(minimum 6steps each)

Kicking Techniques

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Creative(minimum 6steps each)

Hand Techniques

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Creative(minimum 6steps each)

Self Defense

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Poomse

Level 0 Taeguk Pal(8) Jeong  
Sipjin

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Level 1 Palgwe Pal(8) Jeong  
Jitae

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Level 2 Koryo  
Chonkwon

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Level 3 Geumgang  
Hansu

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Level 4 Tae Baek  
Ilyeo

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Level 5 Pyongwon  
Creative Poomse (20 Step)

Essay 1000 Words

Level 0 What level of courtesy and integrity are expected from a martial arts master, and how can you display that inside and outside dojang?

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Level 1 What level of perseverance and self-control are expected from a martial arts master, and how can you display that inside and outside dojang?

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Level 2 What level of integrity is expected from a martial arts master, and how can you display that inside and outside dojang?

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Level 3 What level of self-control is expected from a martial arts master, and how can you display that inside and outside dojang?

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Level 4 What level of indomitable spirit is expected from a martial arts master, and how can you display that inside and outside dojang?

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Level 5 What level of Taekwondo Spirit is expected from a martial arts master, and how can you display that inside and outside dojang?