

## February 7<sup>th</sup> Promotion

Promotions are at 1423 18<sup>th</sup> Street Bettendorf and begin at 10:30 a.m. plan on being there about 15 minutes early to get dressed.

Students must have a uniform with patches sewn on for promotion

- Uniform cost \$42.80 with tax

Students must prepay promotion by the end of class on February 5<sup>th</sup>.

- Promotion cost \$40 not taxed

Students must know:

Students must know terminology

- White belts must know all white belt terminology on the sheet.
- Yellow belts must know all yellow belt terminology on the sheet.

Study guides were given out in class. If you do not have a study guide they are available on the website. [www.legendrestkd.com](http://www.legendrestkd.com) The links to the study guides are on the right hand side.

White:

- Kicks (front, round, side, inside crescent, and outside crescent)
- Punches (front and chow chiggi)
- One steps (1, 2, and 3)
- Board break (step behind side kick)
- Sa ju kong bong 1 and 2
- White belt terminology

Yellow:

- White belt requirements
- Turn side kick
- One steps (4, 5, and 6)
- Board break (turn side kick)
- Chun Ji
- White and Yellow belt terminology

Testing is not mandatory. If you want to test it does require the permission of the instructor. If you do not test you will not be allowed to learn things for the next belt level.

Promotion fees include grading by a black belt, the next belt, and a certificate for promotion.