



## 1st Brown Kicking Demonstration

Since Tae Kwon Do is known for its flashy kicks, the kicking demonstration for students testing for the rank of 1st Dan (Degree) is designed to show the student's ability to throw spinning and jumping/ spinning kicks.

The demonstration is done in place, like the 2nd Brown demonstration is. The difference is that these kicks are thrown with the back leg. The techniques are spinning or jumping/spinning with the exception of the last kick which is a jumping kick. This allows the student to change stances for performing the demonstration with the other leg. As with the 2nd Brown demonstration, these kicks are thrown from a Fighting stance.

From a Right Fighting stance:

- 1) spinning Hook kick
- 2) jump/spinning Hook kick
- 3) spinning Crescent kick
- 4) jump/spinning Crescent kick
- 5) spinning Ax kick
- 6) jump/spinning Ax kick
- 7) spinning Side kick
- 8) jump/spinning Side kick
- 9) jumping Round kick