

OTFA KICKING REQUIREMENTS

10th Gup

- Front snap kick
- Side front snap kick
- Side rising kick [stretching application]
- Front rising kick [stretching application]

9th Gup

- Side piercing kick
- Combination kick

8th Gup

- Turning kick
- Side turning kick
- Back piercing

7th Gup

- Side pushing kick
- Side thrusting kick
- Skip side piercing
- Skip side turning
- Skip side front snap kick
- Flying front snap kick

6th Gup

- Reverse hooking kick [lead leg]
- Downward kick
- Crescent Kick
- Double kicks
- Two consecutive kicks - same direction
- Flying high kick
- Flying side piercing kick

5th Gup

- Reverse hooking kick [rear leg]
- Hooking kick
- Twisting kick
- Double kicks - multiple targets
- Two consecutive kicks - multiple targets
- Combination kicks - multiple targets
- Flying side turning kick

180° and 360° kicks are considered Mid Air. All others are considered flying.

4th Gup

- Skip side pushing kick
- Skip side thrusting kick
- Vertical kick [w/ foot sword & reverse foot sword]
- Reverse turning kick - toward front or side front
- Triple kicks
- Three consecutive kicks - same direction
- Mid Air 180° back piercing kick

3rd Gup

- Side rising kick (defensive application)
- Front rising kick (defensive application)
- Sweeping kick [w/ side sole & back heel]
- Triple kicks
- Three consecutive kicks – multiple targets, more difficult kicks
- Flying reverse hooking kick (lead leg)
- Mid Air 360° back piercing

2nd Gup

- Front checking kick
- Side checking kick
- Outward pressing kick
- Inward pressing kick
- Stamping kick
- Back snap kick
- Quadruple kicks
- Four consecutive kicks - same direction
- Mid Air 180° reverse hooking kick

1st Gup

- Quadruple kicks
- Four consecutive kicks - multiple targets
- Flying side thrusting kick
- Flying twin foot side piercing kick - 1 target or 2 targets
- Flying twin foot front snap kick - 1 or 2 targets
- Mid Air 360° reverse hooking kick

180° and 360° kicks are considered Mid Air. All others are considered flying.

1st Dan

- Flying twisting kick
- Flying downward kick
- Flying twin high kick - 2 targets
- Flying twin foot turning kick - 1 target
- Flying double kicks
- Flying two consecutive kicks
- Flying two combination kicks
- Mid Air 360° turning kick
- Kicks from patterns

2nd Dan

- Pick shape kick
- Kicks from ground
- Flying crescent kick
- Flying double kicks with a hand technique
- Flying two consecutive kicks with a hand
- Flying two combination kicks with a hand
- Mid Air 180° reverse turning kick
- Mid Air 180° double back piercing kick
- Kicks from patterns

3rd Dan

- Waving kick
- Flying triple kicks
- Flying three consecutive kicks
- Flying three combination kicks
- Mid Air 360° reverse hooking kick
- Kicks from patterns

4th Dan

- Flying two direction kick - turning kick w/ twin punch
- Flying twin front snap kick w/ twin punch
- Mid Air 360° double back piercing kick
- Mid Air 360° reverse turning kick
- Kicks from patterns

5th Dan

- Kicks from patterns

6th Dan

- Kicks from patterns

7th Dan

- Kicks from patterns

180° and 360° kicks are considered Mid Air. All others are considered flying.