

# Testing Requirements

## White Belt

### Forms

Horse riding stance 1-2 punch  
Low Block, High Block, Outer Block, Inner Block, Knifehand, Spearhand  
Combinations of Basic Blocks

### Kicks

Front Kick  
Side Kick  
Roundhouse Kick  
Spinning Kick

### Knowledge

Parents Name  
School Name  
Instructors Names (English)  
Uniform & Color Belt (Korean)  
Counting 1-10

### Board Breaking

Front Kick

## White Belt w/ Yellow Stripe

### Forms

Tae-Geuk (1) Il-Jang

### Kicks

Front Foot Front Kick  
Front Foot Side Kick  
Front Foot Roundhouse Kick  
Inside and Outside Crescent

### Knowledge

All Previous  
Counting 1st - 10th  
Instructors (Korean)  
Child and Adult Black Belt (Korean)  
Name of Gym (Korean)

### Board Breaking

Side Kick

## **Yellow Belt**

### Forms

Tae-Geuk (2) Eey-Jang

### Kicks

Hopping Front Kick

Hopping Side Kick

Hopping Roundhouse Kick

Spinning Double Side Kick

### Knowledge

All Previous

General Vocabulary

### Board Breaking

Side Kick

## **Yellow Belt w/ Green Stripe**

### Forms

Tae-Geuk (3) Saum-Jang

### Kicks

Stepping Front Kick

Stepping Side Kick

Stepping Roundhouse Kick

Step Forward Spinning Kick

Step Forward Spinning Crossing Kick

### Knowledge

All Previous

Start & End Class

Ji Do Kwan Symbol Meaning

Importance of Forms and Sparring

### Board Breaking

Stepping Side Kick

## **Green Belt**

### Forms

Tae-Geuk (4) Sa-Jang

### Kicks

Jumping Front Foot Front Kick

Jumping Front Foot Side Kick

Jumping Front Foot Roundhouse Kick

Jumping Front Foot Inside and Outside Crescent Kick

### Knowledge

All Previous

Blocks and Kicks (Korean)

Number of movements in forms

### Board Breaking

Stepping Side Kick

## **Green Belt w/ Blue Stripe**

### Forms

Tae-Geuk (5) Oh-Jang

### Kicks

Jumping Back Foot Front Kick

Jumping Back Foot Side Kick

Jumping Back Foot Roundhouse Kick

Jumping Back Foot Inside and Outside Crescent Kick

Jumping Spin Kick

### Knowledge

All Previous

All Creeds

What is Taekwondo?

### Board Breaking

Spin Kick

## **Blue Belt**

### Forms

Tae-Geuk (6) Yook-Jang

### Kicks

Jumping Front Kick

Jumping Side Kick

Jumping Roundhouse Kick

Jumping Inside and Outside Crescent Kick

### Knowledge

All Previous

Meaning of Taekwondo

Meaning of Ji Do Kwan

7 Styles of TKD

### Board Breaking

Crossing Kick

## **Blue Belt w/ Red Stripe**

### Forms

Tae-Geuk (7) Chil-Jang

### Kicks

Fake Front Kick Double Front Kick

Fake Side Kick Double Side Kick

Fake Roundhouse Kick Double Roundhouse Kick

Spin Fake Side Kick Double Side Kick

### Knowledge

All Previous

8 Manners of Solemnity

School Motto

### Board Breaking

Hand Attack of choice

Crossing Kick

## **Red Belt**

### Forms

Tae-Geuk (8) Pal-Jang

### Kicks

30 - 45 sec Front Kick

30 - 45 sec Side Kick

30 - 45 sec Roundhouse Kick

Spin Hook Kick

Spinning Tornado Roundhouse Kick

Spinning Tornado Crescent Kick

### Knowledge

All Previous

History

Flags

### Board Breaking

2 - Hand Attack of choice

Spinning Crossing Kick

## **Temporary Black Belt**

### Forms

All Tae-Geuk Forms 1-8

### Kicks

Any Kicks

### Knowledge

Entire packet

### Board Breaking

2 - Hand Attack of choice

3 – Kick of Choice

### Push-Ups

7 minute push-up

### Cardio

10-15 Minutes

Instructors Choice

# **Little Kickers**

## **White Belt**

### Forms

Horse riding stance 1-2 punch  
Low Block, High Block

### Kicks

Front Kick

### Knowledge

School Name

### Board Breaking

None

## **White Belt w/ Yellow Stripe**

### Forms

Outer Block, Inner Block, Knifehand Strike

### Kicks

Roundhouse Kick

### Knowledge

All Previous  
Parents Name  
Count 1 - 5

### Board Breaking

None

## **White Belt w/ Green Stripe**

### Forms

High, Middle, Low Punch  
Combinations of Basic Blocks

### Kicks

Side Kick

### Knowledge

All Previous  
Instructors Names (English)  
Count 1 - 10

### Board Breaking

None

## **White Belt w/ Blue Stripe**

### Forms

Tae-Guek 1-6 Movement

### Kicks

Spin Kick

### Knowledge

All Previous

Instructors Names (Korean)

Color Belt (Korean)

Uniform (Korean)

Count 1st - 5th

### Board Breaking

None

## **White Belt w/ Red Stripe**

### Forms

Tae-Guek 7-12 Movement

### Kicks

Inside Crescent kick

Outside Crescent Kick

### Knowledge

All Previous

Name of Gym (Korean)

Child and Adult Black Belt (Korean)

Count 1st - 10th

### Board Breaking

None

## **White Belt w/ Black Stripe**

### Forms

All Basic Blocks

Tae-Guek 1-18 Movement

### Kicks

All Kicks

### Knowledge

All Previous

### Board Breaking

Front Kick