



Q's Taekwondo

Testing Requirements

“The Basic Foundation” 9th Gup Advance White Belt

STANCES:

READY
HORSE
WALKING
FRONT
BACK
TIGER

BLOCKS:

DOWNWARD
UPWARD
INWARD
OUTWARD
OUTER FOREARM

SALUTATION:

TAEKWONDO TRAINING REQUIRES HIGH
MENTAL AND PHYSICAL STANDARDS.

WE MUST BE RESPECTFUL, COURTEOUS,
AND JUST AT ALL TIMES.

WE MUST OBSERVE ALL CLASS RULES
AND DEVELOP STRONG UNITY THROUGH
MUTUAL AID.

STRIKES:

SINGLE PUNCH
DOUBLE PUNCH
TRIPLE PUNCH
PALM STRIKE
UPWARD ELBOW
DOWNWARD ELBOW
INWARD ELBOW
BACKWARD ELBOW
KNIFEHAND CHOP
KNIFEHAND STRIKE

KICKS:

LOW FRONT SNAP
MIDDLE FRONT SNAP
HIGH FRONT SNAP
PUSH
WHIP
ROUNDHOUSE
INWARD CRESCENT
OUTWARD CRESCENT
SIDE
