



Q's Taekwondo
Testing Requirements
7TH Gup Adv. Yellow Belt
(Proficient in ALL past requirements.)

FORMS:

TAEGUK EE JANG
DO SAN
KICK PATTERN IL JANG
DAN GUN

BLOCKS:

DOUBLE FOREARM
DOUBLE UPWARD
SPLIT LEVEL
SPREDDER
WEDGE

ETHICS OF TAEKWONDO

RESPECT
COURTESY
INTEGRITY
HUMILITY
PERSEVERANCE
(Practical Explanations)

KICKS:

AX
SPIN BACK
SPIN HOOK
JUMP SIDE
SWEEPING
HOPPING
BLITZING

1 STEP SPARRING:

15 INNOVATIVE

FREE SPARRING:

SINGLE OR BAG WORK

BREAKING:

6 BOARDS

(INTERMEDIATE BREAKS)