



Q's Taekwondo

Testing Requirements

6TH Gup Green Belt

(Proficient in ALL past requirements.)

FORMS:

TAEGUK SAM JANG
DO SAN

BLOCKS:

STAFF
MOUNTAIN

STRIKES:

THROAT
SINGLE KNUCKLE
DOUBLE PALM
FLICKING
HAMMER
GROIN

KICKS:

SPINNING CRESCENT
SPINNING ROUNDHOUSE
SPINNING SWEEP
TORNADO
TWISTING
RUNNING JUMP SIDE
CRESCENT JUMP SPIN CRESCENT
JUMPING AX

1 STEP SPARRING:

15 – 20 INNOVATIVE

FREE SPARRING:

SINGLE OR BAG WORK

BREAKING:

6 BOARDS
(INTERMEDIATE BREAKS)

TAEGEUK SAM JANG 3



