



# Q's Taekwondo

## Testing Requirements

### 6<sup>TH</sup> 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



