



Q's Taekwondo

Testing Requirements

5TH Gup Advance Green Belt

(Proficient in ALL past requirements.)

FORMS:

TAEGUK SA JANG
WON HYO
KICK PATTERN EE JANG

BLOCKS:

COMBINATIONS

STRIKES:

COMBINATIONS

KICKS:

COMBINATIONS

1 STEP SPARRING:

15 - 20 INNOVATIVE

SELF DEFENSE:

SINGLE/MULTIPLE ATTACKS

FREE SPARRING:

SINGLE OR BAG WORK

BREAKING:

8 BOARDS
(INTERMEDIATE BREAKS)

TAEGEUK SA JANG 4



