



Q's Taekwondo

Testing Requirements

4TH Gup Blue Belt

(Proficient in ALL past requirements.)

FORMS:

TAEGUK OH JANG
YUL KOK

BLOCKS:

ADV. COMBINATIONS

STRIKES:

ADV. COMBINATIONS

KICKS:

ADV. COMBINATIONS
JUMPING COMBINATIONS
GROUND COMBINATIONS

1 STEP SPARRING:

15 – 20 INNOVATIVE

SELF DEFENSE:

SINGLE/MULTIPLE ATTACKS

FREE SPARRING:

SINGLE OR BAG WORK

BREAKING:

10 BOARDS
1 BRICK EQUAL 3 BOARDS
(INTERMEDIATE BREAKS)

TAEGEUK OH JANG 5



