



Q's Taekwondo
Testing Requirements
3rd Gup Advance Blue Belt
(Proficient in ALL past requirements.)

THESIS:

“YOUR KNOWLEDGE OF TAEKWONDO”
(TYPED, SINGLE SPACING)

FORMS:

TAEGUK YUK JANG
KICK PATTERN SAM JANG
JOONG GUN

BLOCKS:

ADV. COMBINATIONS

STRIKES:

ADV. COMBINATIONS

KICKS:

ADV. COMBINATIONS
JUMPING COMBINATIONS
GROUND COMBINATIONS

1 STEP SPARRING:

UNLIMITED INNOVATIVE

SELF DEFENSE:

SINGLE/MULTIPLE ATTACKS

FREE SPARRING:

SINGLE OR BAG WORK

BREAKING:

12 BOARDS
1 BRICK EQUALS 3 BOARDS
(ADVANCE BREAKS)

TAEGEUK YOOK JANG 6

