



Q's Taekwondo

Testing Requirements

2nd Gup Red Belt

(Proficient in ALL past requirements.)

FORMS:

TAEGUK CHIL JANG
KICK PATTERN SAM JANG
TOI GYE

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 CHIL JANG 7



