



Q's Taekwondo
Testing Requirements
1ST Gup Adv. Red Belt
(Proficient in ALL past requirements.)

FORMS:

TAEGEUK PAL JANG
 KICK PATTERN SA JANG
 HWA RANG

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:

15 BOARDS
 1 BRICK EQUALS 3 BOARDS
 (ADVANCE BREAKS)

**LESSON PLANS FOR ONE WEEK
 OF CLASSES**

**CONDUCT CLASSES OBTAINING
 STUDENT EVALUATION**
 (Thesis on experience outcome)

TAEGEUK PAL JANG 8



