

Q's Taekwondo

Testing Requirements

8th Gup Yellow Belt

(Proficient in all 9th Gup Requirements.)

FORMS:

TAEGUK IL JANG
KICK PATTERN IL JANG
CHON JI

BLOCKS:

SINGLE KNIFEHAND
DOUBLE KNIFEHAND
DOWNWARD PALM
INWARD PALM
UPWARD PALM
UPWARD X
DOWNWARD X

BREAKING:

4 BOARDS

STRIKES:

RIDGEHAND
BACK FIST
BACK KNUCKLE
SPEAR FINGER

KICKS:

HOOK
JUMP FRONT SNAP
JUMP ROUNDHOUSE

THREE STEP SPARRING:

10 INNOVATIONS

TAEGEUK IL JANG 1

