

# Q's Taekwondo Testing Requirements 8<sup>th</sup> Gup Yellow Belt

(Proficient in all 9<sup>th</sup> 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

## STRIKES:

RIDGEHAND  
BACK FIST  
BACK KNUCKLE  
SPEAR FINGER

## KICKS:

HOOK  
JUMP FRONT SNAP  
JUMP ROUNDHOUSE

## BREAKING:

4 BOARDS

## THREE STEP SPARRING:

10 INNOVATIONS

## TAEGEUK IL JANG 1

