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

[Diagram of Taeguk Il Jang 1]