

Q's Taekwondo

Kyepka!

Student Name: _____

Choose from the following Breaking Sequences:

Green Belt: 6 Blue Belt: 8 Red Belt: 10 Black Belt: 15

(1 Brick = 3 Boards)

1. Knifehand Chop (), followed by Frontsnap Kick () Spinning Back Kick ().
2. Jump Front Snapkick (), Downward Elbow Strike ().
3. Double Level Sidekick (), Spinning Hook Kick ().
4. Downward Palm Strike (), Backward Elbow Strike (), Push Kick ().
5. Running Jumpside Kick ().
6. Ax Kick ().
7. Spinning Hook Kick ().
8. Whip Kick () return, Spinning Back Kick ().
9. Hammer Fist ()
10. Downward Palm Strike ().
11. Downward Knuckle Punch ().
12. Straight Palm Strike ().
13. Straight Knuckle Punch ().
14. Speed Break Knuckle Punch ().
15. Roundhouse Kick ().
16. Push Kick ().
17. Side Kick ().
18. Tornado Kick ().
19. Twisting Kick ().
20. Side Kick with both legs ()
21. Side Kick Front () and Back Kick ().
22. Jump Spinning Crescent Kick ().
23. Innovate Combinations

1. _____

2. _____