

# 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. \_\_\_\_\_