

## Test Requirements by Belt

Students will be expected to retain the skills learned at all previous levels and all such skills may be added to a test.

Belt	Hand Techniques Test	Footwork Test	Fitness	Sparring	Breaks
Yellow Stripe (10 BM & Kibon 1,2,3)	<ul style="list-style-type: none"> <li>Slow Punch</li> <li>Fast Punch – no kihap</li> <li>Fast Punch with kihap</li> <li>Triple Punch</li> </ul>	<ul style="list-style-type: none"> <li>Switch</li> <li>Fighting stance</li> </ul>	<ul style="list-style-type: none"> <li>15</li> </ul>	<ul style="list-style-type: none"> <li>Fighting stance</li> <li>Kihap</li> </ul>	<ul style="list-style-type: none"> <li>NA</li> </ul>
Yellow Belt (TG 1)	<ul style="list-style-type: none"> <li>Slow Punch</li> <li>Fast Punch – no kihap</li> <li>Fast Punch with kihap</li> <li>Triple Punch</li> <li>6 Punch</li> </ul>	<ul style="list-style-type: none"> <li>Switch</li> <li>Slide fwd / back</li> <li>Step forward / back</li> </ul>	<ul style="list-style-type: none"> <li>20</li> </ul>	<ul style="list-style-type: none"> <li>Fighting Stance</li> <li>Switch / Step Fwd &amp; back</li> <li>Uses RH &amp; Push kicks</li> <li>Uses basic blocks</li> </ul>	<ul style="list-style-type: none"> <li>NA</li> </ul>
Orange Belt (TG 2)	<ul style="list-style-type: none"> <li>All punches</li> </ul>	<ul style="list-style-type: none"> <li>Double switch</li> <li>Slide &amp; switch combos</li> </ul>	<ul style="list-style-type: none"> <li>25</li> </ul>	<ul style="list-style-type: none"> <li>Fighting Distance</li> <li>Add kicks to slide &amp; step</li> <li>Edan RH</li> <li>Uses Punch in defense</li> <li>Rules of competitive TKD</li> </ul>	<ul style="list-style-type: none"> <li>Punch</li> <li>Push Kick</li> </ul>
Green Stripe Belt (TG 3)	<ul style="list-style-type: none"> <li>Knife Hand Strike</li> <li>Ridge Hand Strike</li> </ul>	<ul style="list-style-type: none"> <li>Switch into basic kick combos</li> <li>Slide into basic kick combos</li> <li>Step into basic kick combos</li> <li>Double switch into basic kick combos</li> <li>Direction change slide</li> </ul>	<ul style="list-style-type: none"> <li>30</li> </ul>	<ul style="list-style-type: none"> <li>Uses Punch in defense</li> <li>Uses basic Back kick in attack.</li> <li>Switch kick in defense.</li> <li>Begins to use 360 RH</li> <li>Bounce continuously</li> <li>Edan RH in attack</li> <li>Watches opponent head and shoulders</li> </ul>	<ul style="list-style-type: none"> <li>Knife Hand</li> <li>Ridge Hand</li> <li>Drop Kick</li> </ul>
Green Belt (TG 4)	<ul style="list-style-type: none"> <li>Back Fist</li> <li>Spear Finger</li> </ul>	<ul style="list-style-type: none"> <li>Switch into advanced kick combos</li> <li>Slide into advanced kick combos</li> <li>Step into advanced kick combos</li> <li>Double switch into advanced kick combos</li> <li>Direction change step</li> <li>Direction change slide with kick</li> </ul>	<ul style="list-style-type: none"> <li>35</li> </ul>	<ul style="list-style-type: none"> <li>Effective fighting distance – A&amp;D</li> <li>Slide &amp; Step in A&amp;D</li> <li>Kicks from Slide &amp; Step</li> <li>3-kick combos</li> <li>Effective use of 360 &amp; Edan RH</li> <li>Defensive back kick</li> <li>Begins to “read” opponent</li> <li>Attack to &amp; Defend from changing directions</li> </ul>	<ul style="list-style-type: none"> <li>Back Fist</li> <li>Side Kick</li> </ul>
Blue Belt (TG 5)	<ul style="list-style-type: none"> <li>Hammer Fist</li> <li>Front Elbow strike</li> </ul>	<ul style="list-style-type: none"> <li>Back switch</li> <li>All switch and slide combos with advanced kick.</li> </ul>	<ul style="list-style-type: none"> <li>40</li> </ul>	<ul style="list-style-type: none"> <li>DRH in attack</li> <li>Uses fakes and multiple switch kicks</li> <li>Back kick Attack &amp; Defense</li> <li>Multiple kicks from same leg</li> </ul>	<ul style="list-style-type: none"> <li>Hammer Fist</li> <li>Back Kick</li> <li>Front Elbow</li> </ul>
Red Stripe Belt (TG 6)	<ul style="list-style-type: none"> <li>Palm Strike / Block</li> <li>Spinning back fist</li> </ul>	<ul style="list-style-type: none"> <li>Back switch into basic kicks</li> <li>Front leg lift slide</li> <li>Back leg lift slide</li> <li>All slide and switch combos</li> </ul>	<ul style="list-style-type: none"> <li>50</li> </ul>	<ul style="list-style-type: none"> <li>DRH in attack &amp; defense.</li> <li>Multi kick combos</li> <li>Punch in attack and defense.</li> <li>Jump back kick in defense</li> </ul>	<ul style="list-style-type: none"> <li>Front Elbow</li> <li>Back Elbow</li> <li>Spinning Back Fist</li> <li>Palm Strike</li> </ul>
Red Belt (TG 7)	<ul style="list-style-type: none"> <li>Double collar break away / back fist</li> <li>Upper cut punch</li> <li>Double upper cut punch</li> </ul>	<ul style="list-style-type: none"> <li>Back switch into advanced kicks</li> <li>Front / Back leg lift slide into basic kicks</li> <li>Leg lift fwd/bk with direction change</li> </ul>	<ul style="list-style-type: none"> <li>60</li> </ul>	<ul style="list-style-type: none"> <li>Back, DRH, 360</li> <li>Understands ring / match management</li> <li>Able to fight full rounds @ 100% effort</li> </ul>	<ul style="list-style-type: none"> <li>Speed break (hand)</li> <li>Round House Kick</li> <li>Upper Cut Punch</li> </ul>
Black Stripe Belt (TG 8)	<ul style="list-style-type: none"> <li>Double Upper Cut Punch</li> </ul>	<ul style="list-style-type: none"> <li>Back Switch into Back Kick</li> <li>Back Switch into Dbl RH</li> </ul>	<ul style="list-style-type: none"> <li>75</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate head kicks under control</li> </ul>	<ul style="list-style-type: none"> <li>2 Kick combo</li> <li>2 Strike combo</li> <li>Spinning hook kick</li> </ul>
Black Belt (All colour belt forms + Koryo)		<ul style="list-style-type: none"> <li>Combos of all switches, steps &amp; slides with all kicks</li> </ul>	<ul style="list-style-type: none"> <li>100</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 3 rounds with a different opponent.</li> </ul>	<ul style="list-style-type: none"> <li>3 x Kick break combos</li> <li>3 x punch / Strike combo breaks</li> <li>3 x Three Punch / Kick combo breaks</li> <li>3 x Speed breaks</li> <li>Power break (Palm strike)</li> <li>3-5 x Self defense scenarios</li> </ul>