

BELT REQUIREMENT

GREEN/BLACK TO BLUE/WHITE

QUESTIONS	ANSWERS
WHAT IS OUR SCHOOL NAME IN KOREAN?	
WHAT DOES TAE KWON DO MEAN?	
WHAT IS SCHOOL IN KOREAN	
STYLE MOST SIMILAR TO TAE KWON DO	
SCHOOL RULES # 7 & 8	
WHAT DOES FOCUS MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	25
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH BACKFIST, UNDERCUT
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT CHARGING SIDE KICK, TORNADO KICK, HOOK KICK, JUMP SPINNING SIDE KICK
SELF-DEFENSE	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE, TAEGUEK SA JANG

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