

BELT REQUIREMENT

ORANGE/WHITE TO ORANGE

QUESTIONS	ANSWERS
WHAT TYPE OF TKD DO WE DO	
COUNT TO 10 IN KOREAN	
WHAT YEAR WAS IRON FIST BORN	
NAME A DIFFERENT STYLE WE TRAIN IN	
SCHOOL RULES # 7 & 8	
WHAT DOES HONOR MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	20
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
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT JUMP SNAP W/ FAKE. JUMP ROUNDHOUSE W/ FAKE, STEP-UP JUMP SIDE KICK
SELF-DEFENSE	ORANGE BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, TAEGUEK SAM JANG (FIRST 6 MOVES)

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