TaeKwonDo Belt Test

Supplemental Sheet

**Basic Blocks & Strikes**

Straddle Punch

Low Block

Outside Middle Block

Inside Middle Block

High Block

Middle Punch

Knifehand Strike

Knifehand Blocks

Vertical Punch

Palm Heel Strike

Tiger Claw Strike

Tiger Mouth Strike

Side Knifehand Strike

Backfist Strike

Ridgehand Strike

Hammer Fist Strike

Uppercut Strike

Spear Hand Strike

C Block

Scissor Block

Reinforced Outside Middle Block

Reinforced Low Block

Forward Elbow Strike

Swallow Block

Wedge Block – Palms Out

High X Block

Low X Block

Double Low Block to Sides

Wedge Block – Palms In

Bow Block

Double Uppercut Strike

Side Punch

Limb Destruction

Inverted Ridgehand Strike

**Sparring Style Blocks & Strikes**

High Touch Block

Inside Touch Block

Outside Touch Block

Low Inside Touch Block

Low Outside Touch Block

45° Angle Block

Jab

Reverse Punch

Moving Punch

Knifehand Strike

Vertical Punch

Palm Heel Strike

Tiger Claw Strike

Tiger Mouth Strike

Side Knifehand Strike

Backfist Strike

Ridgehand Strike

Hammer Fist Strike

Uppercut Strike

Spear Hand Strike

**Stretch Kicks**

Front Stretch Kick

Inside Crescent Kick

Outside Crescent Kick

**Basic Kicks (Forward/Back/In Place)**

Front Kick

Half Moon Kick

Roundhouse Kick

Back Kick

Side Kick

Inside Twist Kick

Axe Kick (Inside, Outside, Forward)

Hook Kick

**Advanced Kicks**

Back Side Kick

Back Crescent Kick

Back Spin Kick

Back Hook Kick

**Sliding Kicks**

Sliding Front Kick

Sliding Roundhouse Kick

Sliding Side Kick

**Step Kicks**

Front Kick

Half Moon Kick

Roundhouse Kick

Back Side Kick

Back Crescent Kick

Back Spin Kick

**Jump Kicks**

Jump Front Kick

Jump Roundhouse Kick

Jump Side Kick

**45° Jump Kicks**

45° Jump Front Kick

45° Jump Roundhouse Kick

45° Jump Side Kick

**Advanced Jump Kicks**

Thunder Kick

Jump Back Side Kick

Jump Back Crescent Kick

Jump Back Spin Kick

Flying Side Kick

2nd Dan - 360 Back Side Kick (Flying Back Side Kick)

**Self Defense**

Arms Pinned (From Rear and Front)

Arms Free (From Rear and Front)

Choke (Blood from Rear, Hand from Front)

One Arm Pinned (From Rear and Front)

Arms Locked

Hair Pull

Ear Pull

Shoulder Grab

Lapel Grab

Grab and Punch

Double Lapel Grab

Double Wrist Grab

Full Nelson

Head Lock (From Rear and Front)

**Kicking Drills**

**Basic Kick Drill**

-Even number of kicks

-Moving forward, in place, switch feet, in place, moving back, switch feet

**Sliding Kick Drill**

-Even or odd number of kicks

-Sliding forward, in place, sliding back, switch feet, repeat kick other side

**Step Kick Drill**

-Even or odd number of kicks

-Stepping forward, stepping back, switch feet, repeat kick other side

**Advanced Step Kick Drill**

-Even number of kicks – foot down behind

-Stepping forward, in place, switch feet, in place, stepping back

**Jump Kick Drill**

-Regular jump kicks on one side, switch feet, regular jump kicks on opposite side, jump kicks of back foot switching feet each time

**Techniques not included above**

Rear Elbow Strike – Waist

Double Elbow Strike –Sides

Formal Outside Touch Block

Low Knifehand Block

Low Knifehand Block

Diamond Block

Mountain Block

Diamond Block with Knifehands

Double Side Punch

**Hapkido Kicks**

Knee Kick

Shin Kicks

Back Spin – Hook Kick

Drop Back Side Kick

Drop Back Spin Kick

Jump Kicks – No Pump

Double Jump Front Kick – Feet Together

Double Jump Front Kick – Feet Apart