

# Taekwondo @ IU Skills Matrix (October 2023)

Forms	Y	O	G	P	BI	B	R	T	1	2	3
Kicho Il Jang	X	X	X	X	X	X	X	X	X	X	X
Kicho E Jang	X	X	X	X	X	X	X	X	X	X	X
Kicho Sam Jang		X	X	X	X	X	X	X	X	X	X
Palgwe Il Jang		X	X	X	X	X	X	X	X	X	X
Palgwe E Jang			X	X	X	X	X	X	X	X	X
Palgwe Sam Jang			X	X	X	X	X	X	X	X	X
Palgwe Sa Jang				X	X	X	X	X	X	X	X
Palgwe Oh Jang					X	X	X	X	X	X	X
Palgwe Yuk Jang						X	X	X	X	X	X
Palgwe Chil Jang							X	X	X	X	X
Palgwe Pal Jang								X	X	X	X
Koryo								X	X	X	X
Keum Gang									X	X	X
Nipponjin Cho Dan									X	X	X
Nipponjin Ni Dan										X	X
Nipponjin Sam Dan											X
Ro Pai										X	X
Taebaek										X	X
Bul Pai So										X	X
Bul Pai De											X
Pyongwan											X
Basic Blocks and Strikes	Y	O	G	P	BI	B	R	T	1	2	3
Straddle Punch	X	X	X	X	X	X	X	X	X	X	X
Low Block	X	X	X	X	X	X	X	X	X	X	X
Outside Middle Block	X	X	X	X	X	X	X	X	X	X	X
Inside Middle Block	X	X	X	X	X	X	X	X	X	X	X
High Block	X	X	X	X	X	X	X	X	X	X	X
Middle Punch	X	X	X	X	X	X	X	X	X	X	X
Knifehand Strike	X	X	X	X	X	X	X	X	X	X	X
Knifehand Blocks		X	X	X	X	X	X	X	X	X	X
Vertical Punch			X	X	X	X	X	X	X	X	X
Palm Heel Strike				X	X	X	X	X	X	X	X
Tiger Claw Strike				X	X	X	X	X	X	X	X
Tiger Mouth Strike				X	X	X	X	X	X	X	X
Side Knifehand Strike				X	X	X	X	X	X	X	X
Backfist Strike				X	X	X	X	X	X	X	X
Ridgehand Strike				X	X	X	X	X	X	X	X
Hammer Fist Strike				X	X	X	X	X	X	X	X
Uppercut Strike				X	X	X	X	X	X	X	X
Spear Hand Strike				X	X	X	X	X	X	X	X
C Block					X	X	X	X	X	X	X
Scissor Block						X	X	X	X	X	X
Reinforced Outside Middle Block						X	X	X	X	X	X
Reinforced Low Block						X	X	X	X	X	X
Forward Elbow Strike						X	X	X	X	X	X
Swallow Block							X	X	X	X	X
Wedge Block – Palms Out							X	X	X	X	X
High X Block							X	X	X	X	X

Basic Blocks and Strikes	Y	O	G	P	BI	B	R	T	1	2	3
Low X Block							X	X	X	X	X
Double Low Block to Sides							X	X	X	X	X
Wedge Block – Palms In							X	X	X	X	X
Bo Block							X	X	X	X	X
Double Uppercut Strike								X	X	X	X
Side Punch								X	X	X	X
Limb Destruction								X	X	X	X
Inverted Ridgehand									X	X	X
Technique Variations	Y	O	G	P	BI	B	R	T	1	2	3
Techniques in Front Stance	X	X	X	X	X	X	X	X	X	X	X
Techniques in Back / Cat Stance		X	X	X	X	X	X	X	X	X	X
Techniques in Fighting Stance				X	X	X	X	X	X	X	X
Techniques in Side Stance					X	X	X	X	X	X	X
Reverse Techniques						X	X	X	X	X	X
Sparring Style Blocks and Strikes	Y	O	G	P	BI	B	R	T	1	2	3
High Touch Block					X	X	X	X	X	X	X
Inside Touch Block						X	X	X	X	X	X
Outside Touch Block						X	X	X	X	X	X
Low Inside Touch Block						X	X	X	X	X	X
Low Outside Touch Block						X	X	X	X	X	X
45° Angle Block						X	X	X	X	X	X
Jab						X	X	X	X	X	X
Reverse Punch						X	X	X	X	X	X
Moving Punch						X	X	X	X	X	X
Knifehand Strike						X	X	X	X	X	X
Vertical Punch						X	X	X	X	X	X
Palm Heel Strike						X	X	X	X	X	X
Tiger Claw Strike						X	X	X	X	X	X
Tiger Mouth Strike						X	X	X	X	X	X
Side Knifehand Strike						X	X	X	X	X	X
Backfist Strike						X	X	X	X	X	X
Ridgehand Strike						X	X	X	X	X	X
Hammer Fist Strike						X	X	X	X	X	X
Uppercut Strike						X	X	X	X	X	X
Spear Hand Strike						X	X	X	X	X	X
Kicks	Y	O	G	P	BI	B	R	T	1	2	3
Stretch Kicks											
Front Stretch Kick	X	X	X	X	X	X	X	X	X	X	X
Inside Crescent Kick	X	X	X	X	X	X	X	X	X	X	X
Outside Crescent Kick	X	X	X	X	X	X	X	X	X	X	X
Basic Kicks											
Front Snap	X	X	X	X	X	X	X	X	X	X	X
Front Thrust		X	X	X	X	X	X	X	X	X	X
Half Moon Kick	X	X	X	X	X	X	X	X	X	X	X
Roundhouse Kick	X	X	X	X	X	X	X	X	X	X	X
Back Kick	X	X	X	X	X	X	X	X	X	X	X
Side Kick	X	X	X	X	X	X	X	X	X	X	X
Inside Twist Kick				X	X	X	X	X	X	X	X
Axe Kick (Inside, Outside, Forward)									X	X	X
Hook Kick									X	X	X

Kicks	Y	O	G	P	BI	B	R	T	1	2	3
<b>Advanced Kicks</b>											
Back Side Kick		X	X	X	X	X	X	X	X	X	X
Back Crescent Kick		X	X	X	X	X	X	X	X	X	X
Back Spin Kick			X	X	X	X	X	X	X	X	X
Back Hook Kick									X	X	X
<b>Sliding Kicks</b>											
Sliding Front Kick		X	X	X	X	X	X	X	X	X	X
Sliding Roundhouse Kick		X	X	X	X	X	X	X	X	X	X
Sliding Side Kick		X	X	X	X	X	X	X	X	X	X
<b>Step Kicks</b>											
Step Front Kick			X	X	X	X	X	X	X	X	X
Step Roundhouse Kick			X	X	X	X	X	X	X	X	X
Step Side Kick			X	X	X	X	X	X	X	X	X
Step Back Side Kick				X	X	X	X	X	X	X	X
Step Back Crescent Kick				X	X	X	X	X	X	X	X
Step Back Spin Kick				X	X	X	X	X	X	X	X
<b>Jump Kicks (Front and Back Legs)</b>											
Jump Front Kick				X	X	X	X	X	X	X	X
Jump Roundhouse Kick				X	X	X	X	X	X	X	X
Jump Side Kick					X	X	X	X	X	X	X
<b>45° Jump Kicks</b>											
45° Jump Front Kick					X	X	X	X	X	X	X
45° Jump Roundhouse Kick						X	X	X	X	X	X
45° Jump Side Kick						X	X	X	X	X	X
<b>Advanced Jump Kicks</b>											
Thunder Kick						X	X	X	X	X	X
Jump Back Side Kick							X	X	X	X	X
Jump Back Crescent Kick							X	X	X	X	X
Jump Back Spin Kick								X	X	X	X
Flying Side Kick								X	X	X	X
360 Back Side Kick										X	X
<b>Kicking Combinations</b>	<b>Y</b>	<b>O</b>	<b>G</b>	<b>P</b>	<b>BI</b>	<b>B</b>	<b>R</b>	<b>T</b>	<b>1</b>	<b>2</b>	<b>3</b>
Front Kick / Sliding Front			X	X	X	X	X	X	X	X	X
Roundhouse / Sliding Roundhouse			X	X	X	X	X	X	X	X	X
Side / Sliding Side			X	X	X	X	X	X	X	X	X
Inside Crescent / Sliding Outside Crescent			X	X	X	X	X	X	X	X	X
Inside Crescent / Sliding Inside Twist					X	X	X	X	X	X	X
Front / Back Crescent					X	X	X	X	X	X	X
Roundhouse / Back Crescent			X	X	X	X	X	X	X	X	X
Roundhouse / Back Spin				X	X	X	X	X	X	X	X
Side / Back Side			X	X	X	X	X	X	X	X	X
Front / Jump Front					X	X	X	X	X	X	X
Roundhouse / Jump Roundhouse						X	X	X	X	X	X
Side / Jump Side							X	X	X	X	X
Front / Jump Back Crescent								X	X	X	X
Round / Jump Back Spin								X	X	X	X
Side / Jump Back Side								X	X	X	X
Inside Crescent / Thunder							X	X	X	X	X
Own Combinations						X	X	X	X	X	X

Sparring	Y	O	G	P	BI	B	R	T	1	2	3
1 Step Back Leg Kick	X	X	X	X	X	X	X	X	X	X	X
1 Step Front Leg Kick		X	X	X	X	X	X	X	X	X	X
1 Step Front / Back Leg, Hand Technique			X	X	X	X	X	X	X	X	X
1 Step Block / Strike / Kick				X	X	X	X	X	X	X	X
1 Step Sparring Style					X	X	X	X	X	X	X
Punch Defense - Jab						X	X	X	X	X	X
Punch Defense - Cross							X	X	X	X	X
Punch Defense - Hook								X	X	X	X
Punch Defense - Uppercut									X	X	X
Kick Defenses										X	X
<b>Self Defense</b>	<b>Y</b>	<b>O</b>	<b>G</b>	<b>P</b>	<b>BI</b>	<b>B</b>	<b>R</b>	<b>T</b>	<b>1</b>	<b>2</b>	<b>3</b>
MilGi					5	X	X	X	X	X	X
Joint Locks (Straight Grab)					2	5	X	X	X	X	X
Joint Locks (Cross Grab)								5	X	X	X
Arms Pinned (From Rear and Front)						X	X	X	X	X	X
Arms Free (From Rear and Front)						X	X	X	X	X	X
Choke (Blood from Rear, Hand from Front)						X	X	X	X	X	X
One Arm Pinned (From Rear and Front)							X	X	X	X	X
Arms Locked							X	X	X	X	X
Hair Pull							X	X	X	X	X
Ear Pull							X	X	X	X	X
Shoulder Grab								X	X	X	X
Lapel Grab									X	X	X
Grab and Punch									X	X	X
Double Lapel Grab									X	X	X
Double Wrist Grab									X	X	X
Full Nelson									X	X	X
Head Lock (From Rear and Front)									X	X	X
Random Grabs										X	X
Ground Fighting								X	X	X	X
Falling								X	X	X	X
Rolling									X	X	X
Throws										3	X
Ground Defense											X
<b>Body Movement Drill</b>	<b>Y</b>	<b>O</b>	<b>G</b>	<b>P</b>	<b>BI</b>	<b>B</b>	<b>R</b>	<b>T</b>	<b>1</b>	<b>2</b>	<b>3</b>
Blocks					X	X	X	X	X	X	X
Blocks and Strikes						X	X	X	X	X	X
Kicks							X	X	X	X	X
Kick of Judge's Choice								X	X	X	X

Special	Y	O	G	P	BI	B	R	T	1	2	3
Breaks		X	X	X	X	X	X	X	X	X	X
Teaching Experience <small>(Limited, Demonstrated, # Sessions)</small>								L	D	<sup>20</sup>	<sup>40</sup>
Kunja Paper								D	X	X	X