

# United Federation of Taekwondo Instructors - 3rd Dan Black Belt

## Forms

- Kicho IL Jang
- Kicho I Jang
- Kicho Sam Jang
- Palgue IL Jang
- Palgue I Jang
- Palgue Sam Jang
- Palgue Sa Jang
- Palgue O Jang
- Palgue Yuk Jang
- Palgue Chil Jang
- Palgue Pal Jang
- Koryo
- Keum Gong
- Nipponjin #1
- Nipponjin #2
- Nipponjin #3
- Ro Pai
- Bul Pai So
- Taebaek
- Bul Pai De
- Pyongwan

## Blocks & Strikes

At Judge's Discretion

### Formal Style Blocks & Strikes

- Straddle Punch
- Four Corner Drill
- Low Block
- Outside Middle Block
- Inside Middle Block
- High Block
- Double Knifehand Blocks
- Middle Punch
- Vertical Punch
- Palm Heel Strike
- Tiger Claw Strike
- Tiger Mouth Strike
- Knifehand Strike
- Side Knifehand Strike
- Back Fist Strike
- Ridgehand Strike
- Hammer Fist Strike
- Upper Cut Strike
- Spear Hand Strike

### Sparring Style Blocks & Strikes

- Jab
- Reverse Punch
- Moving Punch
- Palm Heel Strike
- Knifehand Strike
- Ridgehand Strike
- Back Fist Strike

- Side Knifehand Strike
- Hammer Fist Strike
- Hook
- Upper Cut Strike
- Spear Hand Strike
- Outside Low Block
- Inside Low Block
- Outside Middle Block
- Inside Middle Block
- High Block
- 45 Degree Block
- Block-Strike Combinations

### Turns

- Low block in Front Stance
- Inside Middle Block in Front Stance
- Block / Strike in Front Stance
- Block / Strike / Strike

## Kicks

### Stretch Kicks

- Front Stretch Kick
- Inside Crescent Kick
- Outside Crescent Kick

### Basic Kicks

- Front Kick
- Half Moon Kick
- Roundhouse Kick
- Back Kick
- Side Kick

### Advanced Kicks

- Back Side Kick
- Back Crescent Kick
- Back Spin Kick

### Sliding Kicks

- Sliding Front Kick
- Sliding Roundhouse
- Sliding Side Kick

### Step Kicks

- Front Kick
- Roundhouse Kick
- Side Kick
- Advanced Kicks

### Jump Kicks

- Jump Front Kick
- Jump Roundhouse
- Jump Side Kick

### 45 Degree Jump Kicks

- 45 Degree Jump Front Kick
- 45 Degree Jump Roundhouse
- 45 Degree Jump Side Kick

### Advanced Jump Kicks

- Jump Back Side Kick
- Jump Back Crescent Kick
- Jump Back Spin

- Thunder Kick
- Flying Side Kick
- 360 Back Side Kick

## Kicking Combinations

- Front Kick / Sliding Front Kick
- Roundhouse / Sliding Roundhouse Kick
- Side Kick / Sliding Side Kick
- Inside Crescent / Sliding Outside Crescent Kick
- Inside Crescent / Sliding Inside Twist Kick
- Front Kick / Back Crescent Kick
- Roundhouse / Back Spin Kick
- Side Kick / Back Side Kick
- Front Kick / Jump Front Kick
- Roundhouse / Jump Roundhouse
- Side / Jump Side Kick
- Inside Crescent / Thunder Kick
- Own Combinations

## Sparring

- Lower Belt One Steps

### Random Punch/Kick Defenses

- Jab
- Cross
- Hook
- Upper Cut

## Self Defense

At Judge's Discretion

- Random Grabs, Attacks from Front & Rear
- Straight Grab Joint Locks
- Cross Grab Joint Locks
- Throws
- Ground Fighting
- Ground Defense
- Falling & Rolling
- Body Movement Drill

## Special

- Teaching Experience (30)
  - Kunja Paper
- ### Breaking (Optional)
- 5 Boards in Combination

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