

# United Federation of Taekwondo Instructors - 4th Kup / Blue 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

## Blocks & Strikes

Side Stance and Reversed

### Formal Style Blocks

- Straddle Punch
- Four Corner Drill
- Low Block
- Outside Middle Block
- Inside Middle Block
- High Block
- Double Knifehand Blocks

### Formal Style Strikes

- 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 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

### Sparring Style Blocks

- 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

## 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

## One Step Sparring

(Attacker: step back and ki-yap; Defender: step back & ki-kap; Attacker: Moving high punch)

- Lower Belt One Steps
- Right Side (10)
- Left Side (10)

## Self Defense

- MilGi
- Attacks from Rear
- Attacks from Front
- Straight Grab Joint Locks (2)

## Body Movement Drill with Blocks and Strikes

- Front and Back / High Block / Reverse Palm Heel
- Side to Side / Outside Touch Block / Reverse Punch
- Slide Back 45 / Outside Touch Block / 4 Elbow Strikes
- Inside Pivot / 45 Degree, Inside Touch Block / Knifehand Strike
- Back Pivot / Low Inside Touch Block / Reverse Ridge Hand
- Cross-Step and Turn / Inside Touch Block / Reverse Upper Cut
- Back Spin / Back Fist
- Back Step / Low Outside Touch Block / Reverse Hammer Fist

## Special

### Breaking (Optional)

- Roundhouse Kick

Revision Date: 2024-08-24