

United Federation of Taekwondo Instructors - 3rd Kup / Brown 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

Blocks & Strikes

In Back Stance

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
- 45 Degree Jump Roundhouse
- 45 Degree Jump Side Kick

Advanced Jump Kicks

- Thunder 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
- Own Combinations

One Step Sparring

(Attacker: step back and ki-yap; Defender: step back and ki-yap; Attacker: moving high punch)

- Lower Belt One Steps

- One Steps (10)

Punch Defenses

- Jab

Self Defense

- Attacks from Rear
- Attacks from Front
- Straight Grab Joint Locks (5)
- Ground Fighting
- Falling

Body Movement Drill with Blocks and Strikes

- Front and Back / Sliding Front Kick
- Side to Side / Outside Touch Block / Lead Side Kick
- Slide Back 45 / Outside Touch Block / Lead Half-Moon Kick
- Inside Pivot / 45 Degree, Inside Touch Block / Lead Half-Moon Kick
- Back Pivot / Low Inside Touch Block / Roundhouse Kick
- Cross-Step and Turn / Inside Touch Block / Back Side Kick
- Back Spin / Outside Touch Block / Reverse Punch and Knee Kick
- Back Step / Low Outside Touch Block / Back Spin Kick

Special

Breaking (Optional)

- Back Side Kick
- One Hand Technique

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