

United Federation of Taekwondo Instructors - 8th Kup / Yellow Belt

Forms

- Kicho IL Jang
- Kicho I Jang

Blocks & Strikes

Formal Style Blocks

- Straddle Punch
- Low Block
- Outside Middle Block
- Inside Middle Block
- High Block

Formal Style Strikes

- Middle Punch
- Knifehand 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

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, kick from back leg)

- Front Kicks
- Roundhouse Kicks
- Side Kicks

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 8th Kup / Yellow Belt

| | | | |
|-------|--|-----------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|---------------|-------|----------|
| Kicho IL Jang | | |
| Kicho I Jang | | |

Blocks & Strikes

| | Score | Comments |
|-----------------------------|-------|----------|
| Formal Style Blocks | | |
| Straddle Punch | | |
| Low Block | | |
| Outside Middle Block | | |
| Inside Middle Block | | |
| High Block | | |
| Formal Style Strikes | | |
| Middle Punch | | |
| Knifehand Strike | | |

Kicks

| | Score | Comments |
|-----------------------|-------|----------|
| Stretch Kicks | | |
| Front Stretch Kick | | |
| Inside Crescent Kick | | |
| Outside Crescent Kick | | |
| Basic Kicks | | |
| Front Kick | | |
| Half Moon Kick | | |
| Roundhouse Kick | | |
| Back Kick | | |
| Side Kick | | |

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, kick from back leg)

| | Score | Comments |
|------------------|-------|----------|
| Front Kicks | | |
| Roundhouse Kicks | | |
| Side Kicks | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

United Federation of Taekwondo Instructors - 7th Kup / Orange Belt

Forms

- Kicho IL Jang
- Kicho I Jang
- Kicho Sam Jang
- Palgue IL Jang

Blocks & Strikes

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

- Knifehand Strike

Turns

- Low block in Front Stance

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

Sliding Kicks

- Sliding Front Kick
- Sliding Roundhouse
- Sliding Side Kick

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, kick from front leg)

- Yellow Belt One Steps
- Front Kicks
- Roundhouse Kicks
- Side Kicks

Special

Breaking (Optional)

- Front Kick

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 7th Kup / Orange Belt

| | | | |
|-------|--|-----------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|----------------|-------|----------|
| Kicho IL Jang | | |
| Kicho I Jang | | |
| Kicho Sam Jang | | |
| Palgue IL Jang | | |

Blocks & Strikes

| | Score | Comments |
|-----------------------------|-------|----------|
| 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 | | |
| Knifehand Strike | | |
| Turns | | |
| Low block in Front Stance | | |

Kicks

| | Score | Comments |
|-----------------------|-------|----------|
| 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 | | |
| Sliding Kicks | | |
| Sliding Front Kick | | |
| Sliding Roundhouse | | |
| Sliding Side Kick | | |

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, kick from front leg)

| | Score | Comments |
|-----------------------|-------|----------|
| Yellow Belt One Steps | | |
| Front Kicks | | |
| Roundhouse Kicks | | |
| Side Kicks | | |

Special

| | Score | Comments |
|----------------------------|-------|----------|
| Breaking (Optional) | | |
| Front Kick | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 6th Kup / Green Belt

Forms

- Kicho IL Jang
- Kicho I Jang
- Kicho Sam Jang
- Palgue IL Jang
- Palgue I Jang
- Palgue Sam Jang

Blocks & Strikes

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

Turns

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

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

Kicking Combinations

- Front Kick / Sliding Front Kick
- Roundhouse / Sliding Roundhouse Kick
- Side Kick / Sliding Side Kick
- Inside Crescent / Sliding Outside Crescent Kick
- Front Kick / Back Crescent Kick
- Side Kick / Back Side Kick

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, front/back leg kick, add a hand technique)

- Yellow and Orange Belt One Steps
- Front Kick (Front Leg)
- Front Kick (Back Leg)
- Roundhouse Kick (Front Leg)
- Roundhouse Kick (Back Leg)
- Side Kick (Front Leg)
- Side Kick (Back Leg)

Special

Breaking (Optional)

- Sliding Side Kick

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 6th Kup / Green Belt

| | | | |
|-------|--|-----------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|-----------------|-------|----------|
| Kicho IL Jang | | |
| Kicho I Jang | | |
| Kicho Sam Jang | | |
| Palgue IL Jang | | |
| Palgue I Jang | | |
| Palgue Sam Jang | | |

Blocks & Strikes

| | Score | Comments |
|-------------------------------------|-------|----------|
| 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 | | |
| Turns | | |
| Inside Middle Block in Front Stance | | |

Kicks

| | Score | Comments |
|-----------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| Back Side Kick | | |
| Back Crescent Kick | | |
| Back Spin Kick | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| Front Kick | | |
| Roundhouse Kick | | |
| Side Kick | | |

Kicking Combinations

| | Score | Comments |
|---|-------|----------|
| Front Kick / Sliding Front Kick | | |
| Roundhouse / Sliding Roundhouse Kick | | |
| Side Kick / Sliding Side Kick | | |
| Inside Crescent / Sliding Outside Crescent Kick | | |
| Front Kick / Back Crescent Kick | | |
| Side Kick / Back Side Kick | | |

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, front/back leg kick, add a hand technique)

| | Score | Comments |
|----------------------------------|-------|----------|
| Yellow and Orange Belt One Steps | | |
| Front Kick (Front Leg) | | |
| Front Kick (Back Leg) | | |
| Roundhouse Kick (Front Leg) | | |
| Roundhouse Kick (Back Leg) | | |
| Side Kick (Front Leg) | | |
| Side Kick (Back Leg) | | |

Special

| | Score | Comments |
|----------------------------|-------|----------|
| Breaking (Optional) | | |
| Sliding Side Kick | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

United Federation of Taekwondo Instructors - 5th Kup / Purple Belt

Forms

- Kicho IL Jang
- Kicho I Jang
- Kicho Sam Jang
- Palgue IL Jang
- Palgue I Jang
- Palgue Sam Jang
- Palgue Sa Jang

Blocks & Strikes

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

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

Kicking Combinations

- Front Kick / Sliding Front Kick

- Roundhouse / Sliding Roundhouse Kick
- Side Kick / Sliding Side Kick
- Inside Crescent / Sliding Outside Crescent Kick
- Front Kick / Back Crescent Kick
- Roundhouse / Back Spin Kick
- Side Kick / Back Side Kick

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, block, follow up with a strike and a kick)

- Yellow, Orange, and Green Belt One Steps

- #1
- #2
- #3
- #4
- #5

Self Defense

- MilGi (5)

Body Movement Drill with Blocks

- Front and Back / High Block
- Side to Side / Outside Touch Block
- Slide Back 45 / Outside Touch Block
- Inside Pivot / 45 Degree, Inside Touch Block
- Back Pivot / Low Inside Touch Block
- Cross-Step and Turn / Inside Touch Block
- Back Spin / Outside Touch Block
- Back Step / Low Outside Touch Block

Special

Breaking (Optional)

- Side Kick

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 5th Kup / Purple Belt

| | | | |
|-------|--|-----------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|-----------------|-------|----------|
| Kicho IL Jang | | |
| Kicho I Jang | | |
| Kicho Sam Jang | | |
| Palgue IL Jang | | |
| Palgue I Jang | | |
| Palgue Sam Jang | | |
| Palgue Sa Jang | | |

Blocks & Strikes

| | Score | Comments |
|--------------------------------|-------|----------|
| Formal Style Blocks | | |
| Formal Style Strikes | | |
| 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 | | |
| Block / Strike in Front Stance | | |

Kicks

| | Score | Comments |
|-----------------------|-------|----------|
| Stretch Kicks | | |
| Basic Kicks | | |
| Advanced Kicks | | |
| Sliding Kicks | | |
| Step Kicks | | |
| Front Kick | | |
| Roundhouse Kick | | |

| | Score | Comments |
|-------------------|-------|----------|
| Side Kick | | |
| Advanced Kicks | | |
| Jump Kicks | | |
| Jump Front Kick | | |
| Jump Roundhouse | | |

Kicking Combinations

| | Score | Comments |
|---|-------|----------|
| Front Kick / Sliding Front Kick | | |
| Roundhouse / Sliding Roundhouse Kick | | |
| Side Kick / Sliding Side Kick | | |
| Inside Crescent / Sliding Outside Crescent Kick | | |
| Front Kick / Back Crescent Kick | | |
| Roundhouse / Back Spin Kick | | |
| Side Kick / Back Side Kick | | |

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, block, follow up with a strike and a kick)

| | Score | Comments |
|--|-------|----------|
| Yellow, Orange, and Green Belt One Steps | | |
| #1 | | |
| #2 | | |
| #3 | | |
| #4 | | |
| #5 | | |

Self Defense

| | Score | Comments |
|-----------|-------|----------|
| MilGi (5) | | |

Body Movement Drill with Blocks

| | Score | Comments |
|--|-------|----------|
| Front and Back / High Block | | |
| Side to Side / Outside Touch Block | | |
| Slide Back 45 / Outside Touch Block | | |
| Inside Pivot / 45 Degree, Inside Touch Block | | |
| Back Pivot / Low Inside Touch Block | | |
| Cross-Step and Turn / Inside Touch Block | | |
| Back Spin / Outside Touch Block | | |
| Back Step / Low Outside Touch Block | | |

Special

| | Score | Comments |
|----------------------------|-------|----------|
| Breaking (Optional) | | |
| Side Kick | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

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

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

| | | | |
|--------------|--|------------------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|-----------------|-------|----------|
| 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

| | Score | Comments |
|-------------------------------|-------|----------|
| Formal Style Blocks | | |
| | | |
| Formal Style Strikes | | |
| | | |
| Sparring Style Strikes | | |
| | | |
| Sparring Style Blocks | | |
| | | |
| Turns | | |
| Block / Strike / Strike | | |

Kicks

| | Score | Comments |
|-----------------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| | | |
| Jump Kicks | | |
| Jump Side Kick | | |
| 45 Degree Jump Kicks | | |
| 45 Degree Jump Front Kick | | |

Kicking Combinations

| | Score | Comments |
|---|-------|----------|
| 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)

| | Score | Comments |
|----------------------|-------|----------|
| Lower Belt One Steps | | |
| Right Side (10) | | |
| Left Side (10) | | |

Self Defense

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

Body Movement Drill with Blocks and Strikes

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|---------------------|-------|----------|
| Breaking (Optional) | | |
| Roundhouse Kick | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

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

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 3rd Kup / Brown Belt

| | | | |
|--------------|--|------------------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|-----------------|-------|----------|
| 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

| | Score | Comments |
|-------------------------------|-------|----------|
| Formal Style Blocks | | |
| | | |
| Formal Style Strikes | | |
| | | |
| Sparring Style Strikes | | |
| | | |
| Sparring Style Blocks | | |
| | | |
| Turns | | |
| | | |

Kicks

| | Score | Comments |
|-----------------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| | | |
| Jump Kicks | | |
| | | |
| 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

| | Score | Comments |
|---|-------|----------|
| Front Kick / Sliding Front Kick | | |
| Roundhouse / Sliding Roundhouse Kick | | |
| Side Kick / Sliding Side Kick | | |
| Inside Crescent / Sliding Outside Crescent Kick | | |

| | Score | Comments |
|---|-------|----------|
| 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)

| | Score | Comments |
|-----------------------|-------|----------|
| Lower Belt One Steps | | |
| One Steps (10) | | |
| Punch Defenses | | |
| Jab | | |

Self Defense

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

Body Movement Drill with Blocks and Strikes

| | Score | Comments |
|--|-------|----------|
| 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

| | Score | Comments |
|----------------------------|-------|----------|
| Breaking (Optional) | | |
| Back Side Kick | | |
| One Hand Technique | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

United Federation of Taekwondo Instructors - 2nd Kup / Red 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

Blocks & Strikes

At Judge's Discretion

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

- Jump Back Side Kick
- Jump Back Crescent Kick
- 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
- Side / Jump Side Kick
- Inside Crescent / Thunder Kick
- Own Combinations

Sparring

- Lower Belt One Steps

Punch Defenses

- Jab
- Cross

Self Defense

- Attacks from Rear
- Attacks from Front
- Straight Grab Joint Locks (10)
- Ground Fighting
- Falling
- Rolling
- Body Movement Drill

Special

- Limited Teaching Experience

Breaking (Optional)

- Back Spin Kick
- Two Hand Techniques

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 2nd Kup / Red Belt

| | | | |
|--------------|--|------------------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|------------------|-------|----------|
| 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 | | |

Blocks & Strikes

At Judge's Discretion

| | Score | Comments |
|-------------------------------|-------|----------|
| Formal Style Blocks | | |
| | | |
| Formal Style Strikes | | |
| | | |
| Sparring Style Strikes | | |
| | | |
| Sparring Style Blocks | | |
| | | |
| Turns | | |
| | | |

Kicks

| | Score | Comments |
|-----------------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| | | |
| Jump Kicks | | |
| | | |
| 45 Degree Jump Kicks | | |
| | | |
| Advanced Jump Kicks | | |
| Jump Back Side Kick | | |
| Jump Back Crescent Kick | | |
| Thunder Kick | | |

Kicking Combinations

| | Score | Comments |
|--------------------------------------|-------|----------|
| Front Kick / Sliding Front Kick | | |
| Roundhouse / Sliding Roundhouse Kick | | |
| Side Kick / Sliding Side Kick | | |

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|-----------------------|-------|----------|
| Lower Belt One Steps | | |
| Punch Defenses | | |
| Jab | | |
| Cross | | |

Self Defense

| | Score | Comments |
|--------------------------------|-------|----------|
| Attacks from Rear | | |
| Attacks from Front | | |
| Straight Grab Joint Locks (10) | | |
| Ground Fighting | | |
| Falling | | |
| Rolling | | |
| Body Movement Drill | | |

Special

| | Score | Comments |
|-----------------------------|-------|----------|
| Limited Teaching Experience | | |
| Breaking (Optional) | | |
| Back Spin Kick | | |
| Two Hand Techniques | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

United Federation of Taekwondo Instructors - 1st Kup / Temp 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

Blocks & Strikes

At Judge's Discretion

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

- Jump Back Side Kick
- Jump Back Crescent Kick
- Jump Back Spin
- Thunder Kick
- Flying 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

Punch Defenses

- Jab
- Cross

- Hook

Self Defense

- Random Grabs, Attacks from Front & Rear
- Straight Grab Joint Locks (10)
- Cross Grab Joint Locks (5)
- Throws (3)
- Ground Fighting
- Falling & Rolling
- Body Movement Drill

Special

- Demonstrated Teaching Experience
- ### Breaking (Optional)
- Back Spin Kick (Speed)
 - Front-Back: 1 Hand/1 Foot Technique

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 1st Kup / Temp Belt

| | | | |
|--------------|--|------------------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|------------------|-------|----------|
| 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 | | |

Blocks & Strikes

At Judge's Discretion

| | Score | Comments |
|-------------------------------|-------|----------|
| Formal Style Blocks | | |
| | | |
| Formal Style Strikes | | |
| | | |
| Sparring Style Strikes | | |
| | | |
| Sparring Style Blocks | | |
| | | |
| Turns | | |
| | | |

Kicks

| | Score | Comments |
|-----------------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| | | |
| Jump Kicks | | |
| | | |
| 45 Degree Jump Kicks | | |
| | | |
| Advanced Jump Kicks | | |
| Jump Back Side Kick | | |
| Jump Back Crescent Kick | | |
| Jump Back Spin | | |
| Thunder Kick | | |
| Flying Side Kick | | |

Kicking Combinations

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|-----------------------|-------|----------|
| Lower Belt One Steps | | |
| Punch Defenses | | |
| Jab | | |
| Cross | | |
| Hook | | |

Self Defense

| | Score | Comments |
|---|-------|----------|
| Random Grabs, Attacks from Front & Rear | | |
| Straight Grab Joint Locks (10) | | |
| Cross Grab Joint Locks (5) | | |
| Throws (3) | | |
| Ground Fighting | | |
| Falling & Rolling | | |
| Body Movement Drill | | |

Special

| | Score | Comments |
|-------------------------------------|-------|----------|
| Demonstrated Teaching Experience | | |
| Breaking (Optional) | | |
| Back Spin Kick (Speed) | | |
| Front-Back: 1 Hand/1 Foot Technique | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

United Federation of Taekwondo Instructors - 1st 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

Blocks & Strikes

At Judge's Discretion

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

- Jump Back Side Kick
- Jump Back Crescent Kick

- Jump Back Spin
- Thunder Kick
- Flying 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

Punch 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
- Falling & Rolling
- Body Movement Drill

Special

- Demonstrated Teaching Experience
- Kunja Paper

Breaking (Optional)

- 5 Boards in Combination

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 1st Dan Black Belt

| | | | |
|--------------|--|------------------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|------------------|-------|----------|
| 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 | | |

Blocks & Strikes

At Judge's Discretion

| | Score | Comments |
|-------------------------------|-------|----------|
| Formal Style Blocks | | |
| | | |
| Formal Style Strikes | | |
| | | |
| Sparring Style Strikes | | |
| | | |
| Sparring Style Blocks | | |
| | | |
| Turns | | |
| | | |

Kicks

| | Score | Comments |
|-----------------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| | | |
| Jump Kicks | | |
| | | |
| 45 Degree Jump Kicks | | |
| | | |
| Advanced Jump Kicks | | |
| | | |

Kicking Combinations

| | Score | Comments |
|---------------------------------|-------|----------|
| Front Kick / Sliding Front Kick | | |

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|-----------------------|-------|----------|
| Lower Belt One Steps | | |
| Punch Defenses | | |
| Jab | | |
| Cross | | |
| Hook | | |
| Upper Cut | | |

Self Defense

At Judge's Discretion

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

Special

| | Score | Comments |
|----------------------------------|-------|----------|
| Demonstrated Teaching Experience | | |
| Kunja Paper | | |
| Breaking (Optional) | | |
| 5 Boards in Combination | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

United Federation of Taekwondo Instructors - 2nd 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

Blocks & Strikes

At Judge's Discretion

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

- 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 (20 Sessions)
 - Kunja Paper
- ### Breaking (Optional)
- 5 Boards in Combination

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 2nd Dan Black Belt

| | | | |
|--------------|--|------------------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|------------------|-------|----------|
| 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 | | |

Blocks & Strikes

At Judge's Discretion

| | Score | Comments |
|-------------------------------|-------|----------|
| Formal Style Blocks | | |
| | | |
| Formal Style Strikes | | |
| | | |
| Sparring Style Strikes | | |
| | | |
| Sparring Style Blocks | | |
| | | |
| Turns | | |
| | | |

Kicks

| | Score | Comments |
|-----------------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| | | |
| Jump Kicks | | |
| | | |
| 45 Degree Jump Kicks | | |
| | | |
| Advanced Jump Kicks | | |
| | | |

| | Score | Comments |
|--------------------|-------|----------|
| 360 Back Side Kick | | |

Kicking Combinations

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|-----------------------------------|-------|----------|
| Lower Belt One Steps | | |
| Random Punch/Kick Defenses | | |
| Jab | | |
| Cross | | |
| Hook | | |
| Upper Cut | | |

Self Defense

At Judge's Discretion

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|-----------------------------------|-------|----------|
| Teaching Experience (20 Sessions) | | |
| Kunja Paper | | |
| Breaking (Optional) | | |
| 5 Boards in Combination | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

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

Revision Date: 2024-08-24

United Federation of Taekwondo Instructors - 3rd Dan Black Belt

| | | | |
|--------------|--|------------------|--|
| Name | | Belt Size | |
| Email | | Date | |

Forms

| | Score | Comments |
|------------------|-------|----------|
| 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

| | Score | Comments |
|--|-------|----------|
| Formal Style Blocks & Strikes | | |
| | | |
| Sparring Style Blocks & Strikes | | |
| | | |
| Turns | | |
| | | |

Kicks

| | Score | Comments |
|-----------------------------|-------|----------|
| Stretch Kicks | | |
| | | |
| Basic Kicks | | |
| | | |
| Advanced Kicks | | |
| | | |
| Sliding Kicks | | |
| | | |
| Step Kicks | | |
| | | |
| Jump Kicks | | |
| | | |
| 45 Degree Jump Kicks | | |
| | | |
| Advanced Jump Kicks | | |
| 360 Back Side Kick | | |

Kicking Combinations

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|-----------------------------------|-------|----------|
| Lower Belt One Steps | | |
| Random Punch/Kick Defenses | | |
| Jab | | |
| Cross | | |
| Hook | | |
| Upper Cut | | |

Self Defense

At Judge's Discretion

| | Score | Comments |
|---|-------|----------|
| 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

| | Score | Comments |
|----------------------------|-------|----------|
| Teaching Experience (30) | | |
| Kunja Paper | | |
| Breaking (Optional) | | |
| 5 Boards in Combination | | |

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: be promoted to this rank consider this a practice test

Judge: _____

Taekwondo Belt Test Supplemental Sheet

Blocks & Strikes

Formal Style Blocks

- Straddle Punch
- Four Corner Drill
- Low Block
- Outside Middle Block
- Inside Middle Block
- High Block
- Double Knifehand Blocks
- C Block
- Scissor Block
- Reinforced Outside Middle Block
- Reinforced Low Block
- Wedge Block - Palms Out
- High X Block
- Low X Block
- Double Low Block to Sides
- Wedge Block - Palms In
- Bo Block
- Outside Touch Block
- Low Knifehand Block
- Diamond Block
- Mountain Block
- Diamond Block with Knifehands

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
- Forward Elbow Strike
- Double Uppercut Strike
- Side Punch
- Limb Destruction
- Inverted Ridgehand Strike
- Rear Elbow Strike - Waist
- Double Elbow Strike - Sides
- Double Side Punch

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

Sparring Style Blocks

- Outside Low Block
- Inside Low Block
- Outside Middle Block
- Inside Middle Block
- High Block
- 45 Degree Block
- Block-Strike Combinations

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
- 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
- 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 (2nd Dan)

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

Punch Defenses

- Jab
- Cross
- Hook
- Upper Cut

Self Defense

- MilGi
- Arms Pinned (Front / Rear)
- Arms Free (Front / Rear)
- Choke (Blood from Rear / Hand from Front)
- One Arm Pinned (Front / Rear)
- Arms Locked
- Hair Pull
- Ear Pull
- Shoulder Grab
- Lapel Grab
- Grab and Punch
- Double Lapel Grab
- Double Wrist Grab
- Full Nelson
- Head Lock (Front / Rear)
- Straight Grab Joint Locks
- Cross Grab Joint Locks
- Throws
- Ground Fighting
- Ground Defense (2nd Dan)
- Falling
- Rolling
- Body Movement Drill with Blocks
- Body Movement Drill with Blocks and Strikes
- Body Movement Drill with Kicks
- Body Movement Drill with Judge's choice

Revision Date: 2024-08-24

| Kicks | Y | O | G | P | b | B | R | T | 1 | 2 | 3 |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Sliding Roundhouse | X | X | X | X | X | X | X | X | X | X | X |
| Sliding Side Kick | X | X | X | X | X | X | X | X | X | X | X |
| <i>Step Kicks</i> | | | | | | | | | | | |
| Front Kick | | | | X | X | X | X | X | X | X | X |
| Roundhouse Kick | | | | X | X | X | X | X | X | X | X |
| Side Kick | | | | X | X | X | X | X | X | X | X |
| Advanced Kicks | | | | X | X | X | X | X | X | X | X |
| <i>Jump Kicks</i> | | | | | | | | | | | |
| Jump Front Kick | | | | X | X | X | X | X | X | X | X |
| Jump Roundhouse | | | | X | X | X | X | X | X | X | X |
| Jump Side Kick | | | | X | X | X | X | X | X | X | X |
| <i>45 Degree Jump Kicks</i> | | | | | | | | | | | |
| 45 Degree Jump Front Kick | | | | X | X | X | X | X | X | X | X |
| 45 Degree Jump Roundhouse | | | | X | X | X | X | X | X | X | X |
| 45 Degree Jump Side Kick | | | | X | X | X | X | X | X | X | X |
| <i>Advanced Jump Kicks</i> | | | | | | | | | | | |
| Jump Back Side Kick | | | | | | X | X | X | X | X | X |
| Jump Back Crescent Kick | | | | | | X | X | X | X | X | X |
| Jump Back Spin | | | | | | X | X | X | X | X | X |
| Thunder Kick | | | | | X | X | X | X | X | X | X |
| Flying Side Kick | | | | | | X | X | X | X | X | X |
| 360 Back Side Kick | | | | | | | | | X | X | |
| Kicking Combinations | Y | O | G | P | b | B | R | T | 1 | 2 | 3 |
| Front Kick / Sliding Front Kick | | X | X | X | X | X | X | X | X | X | X |
| Roundhouse / Sliding Roundhouse Kick | | X | X | X | X | X | X | X | X | X | X |
| Side Kick / Sliding Side Kick | | X | X | X | X | X | X | X | X | X | X |
| Inside Crescent / Sliding Outside Crescent Kick | | X | X | X | X | X | X | X | X | X | X |
| Inside Crescent / Sliding Inside Twist Kick | | | | X | X | X | X | X | X | X | X |
| Front Kick / Back Crescent Kick | | X | X | X | X | X | X | X | X | X | X |
| Roundhouse / Back Spin Kick | | | X | X | X | X | X | X | X | X | X |
| Side Kick / Back Side Kick | | X | X | X | X | X | X | X | X | X | X |
| Front Kick / Jump Front Kick | | | | X | X | X | X | X | X | X | X |
| Roundhouse / Jump Roundhouse | | | | X | X | X | X | X | X | X | X |
| Side / Jump Side Kick | | | | X | X | X | X | X | X | X | X |
| Inside Crescent / Thunder Kick | | | | X | X | X | X | X | X | X | X |

| Kicking Combinations | Y | O | G | P | b | B | R | T | 1 | 2 | 3 |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Own Combinations | | | | | X | X | X | X | X | X | X |
| Sparring | Y | O | G | P | b | B | R | T | 1 | 2 | 3 |
| <i>Punch Defenses</i> | | | | | | | | | | | |
| Jab | | | | | X | X | X | X | X | X | X |
| Cross | | | | | X | X | X | X | X | X | X |
| Hook | | | | | X | X | X | X | X | X | X |
| Upper Cut | | | | | X | X | X | X | X | X | X |
| Self Defense | Y | O | G | P | b | B | R | T | 1 | 2 | 3 |
| MilGi | | | X | X | X | X | X | X | X | X | X |
| Arms Pinned (Front / Rear) | | | X | X | X | X | X | X | X | X | X |
| Arms Free (Front / Rear) | | | X | X | X | X | X | X | X | X | X |
| Choke (Blood from Rear / Hand from Front) | | | X | X | X | X | X | X | X | X | X |
| One Arm Pinned (Front / Rear) | | | X | X | X | X | X | X | X | X | X |
| Arms Locked | | | X | X | X | X | X | X | X | X | X |
| Hair Pull | | | X | X | X | X | X | X | X | X | X |
| Ear Pull | | | X | X | X | X | X | X | X | X | X |
| Shoulder Grab | | | X | X | X | X | X | X | X | X | X |
| Lapel Grab | | | X | X | X | X | X | X | X | X | X |
| Grab and Punch | | | X | X | X | X | X | X | X | X | X |
| Double Lapel Grab | | | X | X | X | X | X | X | X | X | X |
| Double Wrist Grab | | | X | X | X | X | X | X | X | X | X |
| Full Nelson | | | X | X | X | X | X | X | X | X | X |
| Head Lock (Front / Rear) | | | X | X | X | X | X | X | X | X | X |
| Straight Grab Joint Locks | | | X | X | X | X | X | X | X | X | X |
| Cross Grab Joint Locks | | | X | X | X | X | X | X | X | X | X |
| Throws | | | X | X | X | X | X | X | X | X | X |
| Ground Fighting | | | X | X | X | X | X | X | X | X | X |
| Ground Defense | | | X | X | X | X | X | X | X | X | X |
| Falling | | | X | X | X | X | X | X | X | X | X |
| Rolling | | | X | X | X | X | X | X | X | X | X |
| Body Movement Drill with Blocks | | | X | X | X | X | X | X | X | X | X |
| Body Movement Drill with Blocks and Strikes | | | X | X | X | X | X | X | X | X | X |
| Body Movement Drill with Kicks | | | X | X | X | X | X | X | X | X | X |
| Body Movement Drill with Judge's choice | | | X | X | X | X | X | X | X | X | X |

Revision Date: 2024-08-24