

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

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