

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