

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

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