

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

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