

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

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