



ADULTS

All Technique Requirements Through Black Belt by Rank

| Belt | Kicks | Blocks | Strikes | Stances | Kicking Combinations | Concepts | Other |
|--------------------|--------------------------------|------------------------------|-------------------------|----------------------|-----------------------|-----------------------|---------------------|
| White | Straight/Stretching | Low Block | Body Punch | Attention (Chariot) | Round Step Round | | |
| | Front | High Block | Face Punch | Ready (Joon Be) | Round Step Axe | | |
| | Crescent | Inner Forearm Block | Face Poke | Horseshoe | Round Spin Round | | |
| | Axe | Outer Forearm Block | Palm Heel Strike | Defensive Stance | | | |
| | Roundhouse | | | Front Stance | | | |
| Yellow | Side Kick | Hammer Block | | Back Stance | Round Step Side | | |
| Orange | Spinning Back Kick | Single Knife Hand Block | | Walking Stance | Round Spin Back | "Reverse" Combination | |
| | Inside Crescent | Double Knife Hand | Inverted Knife Hand | | | | |
| Adv. Orange | Inside Crescent | Double Forearm | Knife Hand Strike | | | | |
| | Inside Axe | Double Low Block | Tiger Punch | | Round Inside Axe | | |
| Green | Rear Leg Hook Kick | Choke Block | Hammer Fist Strike | | Round Spin Inside Axe | | |
| | | Swallow Tail Block | Ridge Hand Strike | | Round Jump Spin Round | | |
| Adv. Green | Push Kick | | Back Fist to Nose | | | | |
| | Jump Kicks (Axe, Front, Round) | | Body Thrust | | | | |
| Blue | Spinning Hook Kick | | Back Fist to Head | | | | |
| | Flying Side Kick | | Elbows (Up, Down) | | Round Spin Hook | | Forward Roll |
| Adv. Blue | Skip Kicks | Guarding Block | Elbows (Reverse, Round) | | | | Backward Break Fall |
| | | Low X Block | Downward Hammer Fist | X Stance | Double Round House | Cutting the Angle | |
| Purple | Lead Leg Kicks | High X Block | | | | | |
| | | Scoop Block | Hook Punch | Relaxed Stance | Low High Round House | | Backward Roll |
| Adv. Purple | | Palm Block | Up-Set Punch | | | | Forward Break Fall |
| | | Push Block | Double Up-Set Punch | | | | |
| Red | | Hooking Block | Groin Spear | Cat Stance | | | |
| | | Double Low Knife Hand | | | | | |
| Adv. Red | | Open Hand Double Forearm | | Fixed Stance | | | Hip Tosses |
| | | Scissor Block | | Reverse Front Stance | | | |
| Brown | | Stick Block | | | | | |
| | | Ridge Hand Block | | | | | |
| Adv. Brown | | Lifting Block | Vertical Punch | | | | |
| | | Press Block | Chestnut Punch | | | | |
| Adv. Brown | | Mountain Block | Side Elbow | | | | |
| | | Double High Knife Hand Block | Bear Claw | | | | |
| Adv. Brown | | Half Mountain Block | Chicken Beak | | | | |
| | | Double Lifting Block | Backward Elbow | | | | |
| Adv. Brown | | Double Inner Forearm | Two-Finger Eye Poke | | | | |
| | | Reverse Axe Kick | | | | | |