



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	Horsingidng	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	Spining 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	Spining 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					