



## Children

# All Technique Requirements Through Black Belt by Rank

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