



ADULTS

All Technique Requirements Through Black Belt by Rank

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