



## 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>Horseshoe<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 |   |  |                          |                                     |