



### Blue Belt (9)

- 1) Arc Hand
- 2) Back Kick
- 4) Consecutive Kick
- 5) Downwards Kick (Axe)
- 6) Front Elbow Strike
- 7) Low Stance
- 8) One Step Sparring
- 9) Pressing Block
- 10) Rear Foot Stance
- 11) Reverse Knifehand
- 12) Reverse Knifehand Block
- 13) Turning Punch
- 14) Twin Upset Punch
- 15) Upper Elbow Strike
- 16) Upward Palm Block
- 17) U-ShapedBlock
- 18) X-Block
- 19) Destruction (Breaking)

20) Definition of a Joong Gun



### Red Tag (10)

- 1) Flying
- 2) High flat fingertip thrust
- 3) Jumping
- 4) Knee Strike (Kick)
- 5) Left
- 6) Low double forearm block
- 7) Reverse Turning Kick
- 8) Right
- 9) W-Shape stance
- 10) X-Stance
- 11) Definition of Toi Gye
- 12) Definition of a Red belt



### Red Belt (11)

- 1) About Turn
- 2) Back Elbow Strike
- 3) Backwards
- 4) Crescent Kick
- 5) Downwards knife hand strike
- 6) Downwards punch
- 7) Forwards
- 8) Palm
- 9) Palm heel pushing block
- 10) Pushing block
- 11) Sliding
- 12) Upwards Punch
- 13) Vertical Stance
- 14) Definition of Hwa Rang



### Black Tag (12)

- 1) Checking Block
- 2) Chest
- 3) Eye
- 4) Flying Kick
- 5) Foot Parts
- 6) Grabbing
- 7) Hand Parts
- 8) Leg
- 9) Scooping Block
- 10) Sparring
- 11) Stop
- 12) Sweeping Kick
- 13) Twin foot kick
- 14) Upset fingertips
- 15) Waist Block
- 16) Waving Kick
- 17) X fist pressing block
- 18) Definition of Chong Moo
- 19) Definition of a black belt



### Green Belt (7)

- 1) Bending Ready Stance
- 2) Circular Block
- 3) Closed Ready Stance 'A'
- 4) Dismiss
- 5) Fixed Stance
- 6) Flat Fingertip Thrust
- 7) Flat Fingertips
- 8) Free Sparring
- 9) Inward Knifehand Strike
- 10) Return To ready Stance
- 11) Side
- 12) Side Punch
- 13) Thrust
- 14) Definition of Won Hyo



### Blue Tag (8)

- 1) Back
- 2) Back Heel
- 3) Back Sole
- 4) Elbow
- 5) Elbow Strike
- 6) Hooking Block
- 7) Hooking Kick
- 8) Knee
- 9) Twin Knifehand Block
- 10) Definition of Yul Gok
- 11) Definition of a Blue Belt



### Black Tag (12+1)

- 18) Definition of Chong Moo
- 19) Definition of a black belt