

Defensive Mode Cycle

CONTACT SKILLS: TARGETS

WHITE, YELLOW BELTS: Knife Hand, (Round Kick)

GREEN & BLUE BELTS: Elbow Strike, (Knee Strike)

BROWN & RED BELTS: Jab, Cross, (#2 Front Kick, Spin Crescent)

BLACK BELTS: Jab, Cross, Hook, (Spin Hook Kick)

FORM

WHITE-BLACK BELTS: Ho-Am Form

BLACK BELT ALTERNATE FORM: Ge-Baek Form (Part 1)

Sparring

WHITE, YELLOW: Jab, cross, #2 Crescent Kick

Green, BLUE, BROWN, RED BELTS: #1 Round kick, jab, cross, #2 Round Kick

BLACK BELTS: #1 Front Kick, Round Kick, Jab, Cross, #2 Twist Kick

Self Defense

WHITE, YELLOW & GREEN BELTS: Punch Attack - Block, Hand Counter

BLUE, BROWN, RED BELTS: Double Leg Take Down

BLACK BELTS: Take Downs

BOARD BREAKS

WHITE, YELLOW & GREEN BELTS: #3 Side Kick, Palm

BLUE, BROWN, RED BELTS: #3 Side Kick, #2 Knee Strike, Palm, Forward Elbow

BLACK BELTS: #3 Side Kick, #2 Knee Strike, Palm, Forward Elbow

1 Technique has to be a double board

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Basic Technique

RANK	TECHNIQUE	STANCE
WHITE	HIGH BLOCK	FRONT
YELLOW	LOW BLOCK	FRONT
GREEN 1	MIDDLE BLOCK	FRONT
GREEN2	OUTSIDE BLOCK	FRONT
GREEN 3	INNER FOREARM BLOCK	BACK
BLUE 1	DOUBLE KNIFEHAND BLOCK	BACK
BLUE 2	SQUARE BLOCK	BACK
BLUE 3	DOUBLE FIST BLOCK	BACK
BROWN 1	LOW/HIGH BLOCK, REVERSE PUNCH	FRONT
BROWN 2	#2 FRONT KICK, MIDDLE BLOCK, REVERSE PUNCH	FRONT
BROWN 3	DOUBLE KNIFEHAND BLOCK, KNIFEHAND STRIKE HIGH/LOW	BACK
RED 1	OUTSIDE BLOCK, REVERSE PUNCH. #2 FRONT KICK	FRONT
RED 2	#2 ROUND KICK, DOUBLE FIST BLOCK, BACK FIST	BACK
RED 3	SQUARE BLOCK, REVERSE INWARD KNIFEHAND	BACK
BLACK	ANY	ANY

Stripe Testing in Class (White-Red Belts)

1st Stripe - Target Drill

2nd Stripe - Basic Technique Drill

3rd Stripe - Form

4th Stripe - Board Breaking

Complete Before Testing for Black Belt

1. Attend 2 Tournaments
2. Complete a Community Service Project
3. (RED LEVEL 3) Must Interview and Pass Physical Test (PT) Before Testing For Black Belt.
4. (RED LEVEL 3) An Essay on "My Journey To Black Belt" Must Be At Least 500 Words. Turned In During Interview.

Cycle Events August - October 2025

August 11th-16th - Buddy Week

August 16th - Parents Night Out (Black Light Dodge Ball)

September 1st - Labor Day (Closed)

September 13th - Defense Combine

September 20th - L3 Red Belt & Black Belt PT Test & Interview

November 15th - Fall District Tournament (Columbia, SC)

Testing Questions

Juniors study questions 1-5 Youth/Adults study questions 1-10

1. What part of the foot do you strike with when doing a crescent kick?
Sides of the foot

2. At what rank do you begin breaking boards at testing? White Belt

3. How many knees are bent in a sitting stance? 2

4. Why do you always look at your target when kicking, striking or blocking? So, you can be able to hit your target

5. What do you do on the first and last move of the Form? Yell

6. What is our style of Taekwondo? Chung Do Kwan

7. Which stance do you have 60% of your weight on the front leg? Front Stance

8. When doing a round kick, do you point or chamber your knee? Point

9. Where is your eyes when bowing? Straight forward

10. What is the last rank you can test for in your school?
3rd Degree Level 3 Black Belt

Testing Ready Stripe

Students must answer 3 of their testing questions



CYCLE EVENTS

August-October 2025

Testing Dates

October 6th Testing

Junior White & Yellow Belts –5:00

Youth White-Black Belts- 6:30

October 7th Testing

Junior Green Belts - 5:00

Junior Blue Belts - 6:30

October 8th Testing

Junior Brown - Black Belts 5:00

Adults White-Black Belts - 6:30

October 9th

Secondary Testing - 5:00

NEW L1 Green Belt Sparring Clinic - 5:30

Testing Registration Deadline October 4th

November 15th 2025

Fall District Tournament Columbia, SC