

Competition Mode Cycle

CONTACT SKILLS: TARGETS

WHITE, YELLOW BELTS: #1 Round Kick

GREEN & BLUE BELTS: #3 Jump Front Kick

BROWN & RED BELTS: #3 Jump Round Kick

BLACK BELTS: Spin Hook Kick

FORM

WHITE-BLACK BELTS: Ho-Am Form

BLACK BELT ALTERNATE FORM: Ki-Bon & Dan-Gun

Sparring

WHITE, YELLOW: Player 2 Sparring (White & Yellow)

Green, BLUE, BROWN, RED BELTS: #1 Side Kick, Jab, Cross

BLACK BELTS: #1 Side Kick, Jab, Cross, #2 Round Kick, Spin Kick of Choice

Self Defense

WHITE, YELLOW & GREEN BELTS: Wrist Escapes

BLUE, BROWN, RED BELTS: Block, Block, Take Down

BLACK BELTS: Punch Defense

BOARD BREAKS

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

BLUE, BROWN, RED BELTS: #3 Side Kick, #2 Front Kick, Palm, Elbow

BLACK BELTS: Spin Side Kick, #3 Jump Front Kick, Palm Elbow

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	#2 FRONT KICK, OUTSIDE BLOCK, REVERSE PUNCH	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

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

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Cycle Events February - April 2026

February 6th & 7th - Annual Pictures

February 14th - Parents Night Out (Game Night)

March 14th - Spring District Tournament (High Point, NC)

March 21st - PT Test (L3 Red Belts)

Testing Questions

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

1. If you arrive to class after students are lined up, what should you do?
Ask Permission to enter class.

2. How many tournaments do you need to compete in to be able to test to black belt? At least two tournaments

3. What equipment do you need to board break? Board Breaking Gloves

4. At what rank do you begin point sparring at a tournament?

L1 Green Belt

5. The goal of taekwondo training is? Develop the mind and spirit

6. What is the original name of our organization? United States Taekwondo Alliance

7. Why is it important to compete in a Tiger-Rock Tournament?

To test your training skills against other Tiger Rock competitors

8. What is the Korean Term for "begin"? Shee-Jahk

9. How should you sit in class? Legs crossed hands on your knees

10. Describe the Chung-Be Stance. Feet Shoulder width wide, feet forward, fists at belt level facing each other, arms make a circle

Testing Ready Stripe

Students must answer 3 of their testing questions



CYCLE 4 EVENTS

February - April 2026

Testing Dates

April 6th Testing

5:00 Junior White & Yellow Belts

6:00 Youth White-Blue Belts

7:00 Youth Brown-Red Belts

April 7th Testing

5:00 Jr. Green Belts

6:30 Jr. Blue Belts

April 8th Testing

5:00 Jr. Brown - Red Belts

6:30 Adults (White - Red Belts)

April 9th

5:00 Secondary Testing

5:30 NEW L1 Green Belt Sparring Clinic

Spring District Tournament March 14th 2026

High Point, NC