

Defense Mode Cycle

CONTACT SKILLS: TARGETS

WHITE, YELLOW BELTS: #2 Front Kick

GREEN & BLUE BELTS: #2 Side Kick

BROWN & RED BELTS: Spin Crescent Kick

BLACK BELTS: Jump Side Kick

FORM

WHITE-BLACK BELTS: Ho-Am Form

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

Sparring

WHITE, YELLOW: Jab Cross, #2 Front Kick

Green, BLUE, BROWN, RED BELTS: Jab, Cross, #2 Side Kick

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

Self Defense

WHITE, YELLOW & GREEN BELTS: Wrist Escapes

BLUE, BROWN, RED BELTS: Back Defense

BLACK BELTS: Advance One Steps

BOARD BREAKS

WHITE, YELLOW & GREEN BELTS: Front Kick, Hammer Fist

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

BLACK BELTS: Your Choice

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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	#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

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 April - June 2026

April 18th - Parents Night Out (Nerf Battle)

May 9th - Defense Combine

May 16th - PT Test (L3 Red Belts & Black Belts)

May 25th - Closed For Memorial Day

Testing Questions

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

1. How many steps to Black Belt? 15 steps

2. What is the Rank after Level 3 Red Belt? 1st Degree Level 1 Black Belt

3. What Part of the foot do you strike with when doing a Front Kick?

Ball of the Foot

4. Why do you twist your wrist when punching or blocking?

Creates more power

5. In a Front Stance, what direction is your body facing? Forward

6. When Sparring, why do you not continue to back up when blocking?

It makes it easier for your opponent to continue to attack

7. What is the rank of a Grand Master?

8th Degree Black Belt

8. The side kick is what kind of technique?

Straight Line Technique

9. When falling backwards, why should you tuck your head in?

Keeps you from hitting the back of your head when falling

10. Why should you tuck your thumb in when doing a knife hand?

It tightens up your hand when striking

Testing Ready Stripe

Students must answer 3 of their testing questions



CYCLE 5 EVENTS

April-June 2026

Testing Dates

June 8th Testing

5:00 Junior White & Yellow Belts

6:00 Youth White-Blue Belts

7:00 Youth Brown-Black Belts

June 9th Testing

5:00 Jr. Green Belts

6:30 Jr. Blue Belts

June 10th Testing

5:00 Jr. Brown - Red Belts

6:30 Adults (White - Red Belts)

June 11th

5:00 Secondary Testing

5:30 NEW L1 Green Belt Sparring Clinic