

Competition Mode Cycle

CONTACT SKILLS: TARGETS

WHITE, YELLOW BELTS: #1 Side Kick

GREEN & BLUE BELTS: Jump #3 Front Kick

BROWN & RED BELTS: Jump #2 Side Kick

BLACK BELTS: Spin Heel Kick

FORM

WHITE-BLACK BELTS: Ho-Am Form

BLACK BELT ALTERNATE FORM: Do-San

Sparring

WHITE, YELLOW & GREEN BELTS: 1) #1 Side Kick, Jab, Cross

2) #1 Side Kick, Jab, Cross, #2 Front Kick (Green Belts Jump #3 Front Kick)

BLUE, BROWN, RED BELTS: 1) #1 Front Kick/Round Kick, Jab, Cross

2) Low Block, Cross, #2 Round Kick

BLACK BELTS: 1) #2 Front Kick, Spin Side Kick, Cross, #2 Round Kick

2) Middle Block, Spin Heel Kick, #1 Round Kick

Self Defense

WHITE, YELLOW & GREEN BELTS: Block, Strike, Escape

BLUE, BROWN, RED BELTS: Side Kick, Strike, Escape

BLACK BELTS: Block/Grab Arm, Strike, Grab Shoulder, Knee, Escape

BOARD BREAKS

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

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

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

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.

Complete Before Testing for 3rd Degree Black Belt

An Essay on "My Journey To 3rd Degree Black Belt" Must Be At Least 500 Words. Turned In During Interview.

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Cycle Events June-August 2026

July 4th - Closed For Holiday

July 15th- 18th - National Tournament

July 26th - 12:00 Instructor Meeting & 1:00 PT Test (L3 Red Belts)

Testing Questions

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

1. A certified instructor wears what color jacket? Black

2. When an instructor is speaking to the class what should the student do?
Listening and looking at the instructor

3. What part of the foot do you strike with when doing a Round Kick? Ball of the foot

4. What is the base foot? The foot you stand on when kicking

5. How should students sit in class? Legs crossed, hands on knees

6. What is a full uniform? Pants, tiger rock training shirt, jacket, belt, and tiger rock socks

7. Where does the blocking hand start for a high block? The Hip

8. For blue-red belts, how many boards do you need to break to pass testing? At least 2 out of 4

9. How should you answer up when given a direction? Loudly, saying yes sir or yes ma'am

10. How long do you train in Tiger-Rock before testing to a black belt? At least 2 years.

Testing Ready Stripe

Students must answer 3 of their testing questions



CYCLE 6 EVENTS

June - August 2026

Testing Dates

August 3rd Testing

Junior White & Yellow Belts 5:00

Youth (All Ranks) 6:30

August 4th Testing

Junior Green Belts 5:00

Junior Blue Belts 6:30

August 5th Testing

Junior Brown - Black Belts 5:00

Adults (All Ranks) 6:30

August 6th

Secondary Testing 5:00

NEW L1 Green Belt Sparring Clinic 5:30

National Tournament - July 15th-18th

Huntsville, AL