

# Defensive Mode Cycle

## CONTACT SKILLS: TARGETS

**WHITE, YELLOW BELTS:** #1 Round Kick

**GREEN & BLUE BELTS:** #3 Jump Front Kick

**BROWN & RED BELTS:** Spin Crescent

**BLACK BELTS:** Spin Heel Kick

## FORM

**WHITE-BLACK BELTS:** Ho-Am Form

**BLACK BELT ALTERNATE FORM:** Gwang-Gae

## Sparring

**WHITE, YELLOW & GREEN BELTS:** #1 Round Kick, Jab, Cross

**BLUE, BROWN, RED BELTS:** Middle Block, Reverse Punch, #1 Round Kick

**BLACK BELTS:** Jab, Cross, Fake #2 Round Kick, Spin Heel

## Self Defense

**WHITE, YELLOW & GREEN BELTS:** Wrist Escapes

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

**BLACK BELTS:** Take Down

## BOARD BREAKS

**WHITE, YELLOW & GREEN BELTS:** #2 Front Kick, Hammer Fist

**BLUE, BROWN, RED BELTS:** #1 Side Kick, #2 Front Kick, Palm, Hammer Fist

**BLACK BELTS:** Jump #2 Side Kick, Jump Front Kick, Palm, Hammer Fist

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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 December- February 2024

December 14th - Parents Night Out (Indoor Snowball Fight)

December 23rd - January 1st - Christmas Break

January 11th - Speed Break Challenge

January 18th - PT Test (L3 Red Belts & Black Belts)

## Testing Questions

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

1. What Part of the hand do you strike with when doing a Punch? First Two Knuckles
2. How many tournaments do you need to compete in to be able to test to black belt? At least two tournaments
3. What part of the foot do you strike with when doing a crescent kick? Side of the foot.
4. When doing a low block, the blocking hand starts at the \_\_\_\_\_.  
Ear
5. In a front stance, which knee bends? Front Knee
6. Which direction do you start the 1st move of the form? Left
7. What is the rank of a Senior Grand Master? 9th Degree Black Belt
8. When doing a spin kick, what is the first thing you do before kicking?  
Turn your head, so you can see your target
9. When you do a knife hand strike, why do you twist your wrist when striking? To add power to the knife hand
10. The Command "Shi-Jak" means what? Begin

## Testing Ready Stripe

Students must answer 3 of their testing questions



## CYCLE 3 EVENTS

## December - February 2025

Testing Dates

### February 3rd Testing

5:00 Junior White & Yellow Belts

6:30 Youth White-Black Belts

### February 4th Testing

5:00 Jr. Green Belts

6:30 Jr. Blue Belts

### February 5th Testing

5:00 Jr. Brown - Black Belts

6:30 Adults (White - Black Belts)

### February 6th

5:00 Secondary Testing

5:30 NEW L1 Green Belt Sparring Clinic

## Spring District Tournament

**March 15th 2025**

**Sanford, NC**