

# Competition Mode Cycle

Ranks	Form	Sparring	Sparring Combos	Target	Board Breaking
<b>White</b>	Juniors First 6 lines Youth & Adults First 9 lines	1 - min round	1. #3 Side Kick, Jab, Cross 2. 3 Moves 3. 4 Moves Juniors do #1 & #2 Youth & Adults do all 3	Jab, Cross	Choice of:  Palm Heel  Or #2 Front Kick
<b>Yellow</b>	First 9 Lines				
<b>Green</b> L1,L2,L3	First 13 Lines	2 - 1 min rounds	1. #1 Front Kick, Round Kick, Jab, Cross 2. 4 Moves 3. 5 Moves	Double Jab, Cross	
<b>Blue</b> L1,L2,L3	First 22 Lines	2 - 1 min rounds	1. #1 Front Kick, Round Kick, Jab, Cross 2. 4 Moves 3. 5 Moves	Double Jab, Cross	#3 Side Kick, #2 Front Kick, Palm, Elbow 2 of 4
<b>Brown</b> L1,L2,L3	First 30 Lines	3 - 1 min rounds	1. #1 Front Kick, Round Kick, Jab, Cross, #2 Round Kick 2. 4 Moves 3. 5 Moves	Double Jab, Cross, Hook	Spin Side Kick, #2 Round Kick, Palm, Elbow 2 of 4
<b>Red</b> L1,L2,L3	First 38 Lines	3 - 1 min rounds	1. #1 Front Kick, Round Kick, Jab, Cross, #2 Round Kick 2. 4 Moves 3. 5 Moves	Double Jab, Cross, Hook	Spin Side Kick, #2 Round Kick, Palm, Elbow 2 of 4
<b>Black</b> 1st Degree L1,L2, L3 2nd Degree L1, L2,L3 3rd Degree L1, L2	Form 55 & Yul-Kok	3 - 1 min rounds	1. #1 Front Kick, Round Kick, Jab, Cross, Jump #2 Round Kick 2. 4 Moves 3. 5 Moves	Double Jab, Cross, Hook, Upper Cut	Jump Spin Side Kick, Jump #2 Front Kick, Downward Punch, Downward Elbow 3 of 4

## Cycle Events February - April 2024

February 10th - Parents Night Out (Game Night)

March 9th - Spring District Tournament (Columbia, SC)

March 23rd - PT Test (L3 Red Belts)

## Testing Questions

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

1. What kind of tiger is Tiger-Rock identified by? Siberian Tiger
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. What country did TaeKwonDo come from? Korea
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. Describe a back stance.  
L shaped, 3 foot lengths, knees bent, 70% of weight on back leg
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 4 EVENTS

### February - April 2024

#### Testing Dates

All Testing Times will be announced closer to testing

#### April 8th Testing

Junior White & Yellow Belts

Youth (All Ranks)

#### April 9th Testing

Junior Green Belts

Junior Blue Belts

#### April 10th Testing

Junior Brown & Red Belts

Adults (All Ranks)

#### April 11th

NEW L1 Green Belt Sparring Clinic

Secondary Testing

**Spring District Tournament - Columbia, SC**

**March 9th**