

August - October Cycle

CONTACT SKILLS: TARGETS

WHITE, YELLOW, GREEN BELTS: Jab, Cross

BLUE - RED BELTS: Jab, Cross, Hook

BLACK BELTS: Jab, Cross, Hook, Uppercut

FORM

WHITE-BLACK BELTS: Ho-Am Form

BLACK BELT ALTERNATE FORM: Do-San

Sparring

WHITE, YELLOW & GREEN BELTS: 1) Jab, Cross, #3 Front Kick

2) Jab, Cross, #3 Front Kick, Jab, Cross

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

2) Jab, Cross, Hook, #1 Side Kick, #3 Side Kick

BLACK BELTS: 1) #1 Double Round Kick, Jab, Cross, #2 Round Kick

2) #1 Double Round Kick, Jab, Cross, #2 Round Kick, Spin Kick of Choice

Self Defense

WHITE, YELLOW & GREEN BELTS: Wrist Grab, single and double escape

BLUE, BROWN, RED BELTS: Wrist Grab - Palm Up

BLACK BELTS: Wrist Grab - Advanced

BOARD BREAKS

WHITE, YELLOW & GREEN BELTS: #2 Knee Strike, Palm

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

BLACK BELTS: Spin Side Kick, Knee Strike, Palm, Elbow (one technique will be a double board)

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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 August-October 2026

August 15th - Parents Night Out (Black Light Dodgeball)

September 19th - Tournament Prep Day

September 19th - Instructor Meeting & PT Test

Testing Questions

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

1. Where do you look when you do your form? Straight ahead at your target

2. What stance are you in when you bow? Attention Stance

3. When you throw your Jab, where is the other hand?

In Guard Position

4. How do you treat everyone in the classroom?

With respect

5. What does perseverance mean? To never give up

6. How should you answer up in class? Loud and clear

7. Player 2 Sparring is for which two ranks? White & Yellow Belts

8. How many boards does a black belt need to break to be able to pass testing? 3 Boards

9. Where should your elbows be in the guard position? Elbows should be in

10. At what rank do you start breaking 4 board stations? Level 1 Blue Belt

Testing Ready Stripe

Students must answer 3 of their testing questions



CYCLE EVENTS August-October 2026

Testing Dates

October 5th Testing

5:00 Junior White & Yellow Belts

6:00 Youth White-Blue Belts

7:00 Youth Brown-Black Belts

October 6th Testing

5:00 Jr. Green Belts

6:30 Jr. Blue Belts

October 7th Testing

5:00 Jr. Brown - Black Belts

6:30 Teen & Adults White - Black Belts

October 8th

5:00 Secondary Testing

5:30 NEW L1 Green Belt Sparring Clinic

Fall District Tournament
November 14th 2026
Sanford, NC