



ELMHURST
MARTIAL ARTS

**Basic Taekwondo
Rank Requirements***

ELMHURST
MARTIAL ARTS

Does not list contact sparring, physical fitness, minimum training/attendance or
Taekwondo knowledge requirements

WHITE BELT

Basic Techniques

1. Attention stance
2. Ready stance
3. Horse stance
4. Front stance
5. Middle punch
6. Hammer fist strike
7. High block
8. Low block
9. Inside-middle block
10. Front kick
11. Axe Kick
12. Outside crescent kick
13. Inside crescent kick

Kicking Combinations

1. Front kick – 3 times each leg, in place
2. Axe kick – 3 times each leg, in place
3. Outside crescent kick – 3 times each leg, in place
4. Inside crescent kick – 3 times each leg, in place

Form

- Kibon Hyung / “Basic Form” (20 moves)

Three-Step Sparring Techniques

1. High block (3 times) to reverse punch
2. Inside-middle block to reverse punch
3. Inside-middle block to hammer fist

Breaking Technique

- Hammer fist or front kick – 1 board

YELLOW BELT

Basic Techniques

1. Walking stance
2. Back stance
3. Reverse punch
4. Low block & reverse punch
5. Review basic blocks – high block, low block, inside-middle block
6. Outside-middle block
7. Single knife hand block
8. Roundhouse kick
9. Side kick

Kicking Combinations

1. Front kick – 3 times, stepping forward
2. Axe kick – 3 times, stepping forward
3. Roundhouse kick – 3 times, stepping forward
4. Side kick – 3 times, stepping forward

Form

- Taegeuk Il Jang (18 moves)

One-Step Sparring Techniques

1. Step to the right into a horse stance. Knife hand block with the left hand and punch to the face with the right.
2. Step to the right into a horse stance. Knife hand block with the left and reverse knife hand chop to the neck.
3. Step to the left into a horse stance. Inside middle block with the left hand. Double middle punch (right, left). Right leg roundhouse kick to middle or face.

Breaking Technique

- Axe kick – 1 board

ORANGE BELT

Basic Techniques

1. Jab and cross punches
2. Reverse inside-middle block
3. Double knife hand block
4. Single knife hand block to reverse punch
5. Inside knife hand strike
6. Reverse knife hand strike
7. Skip roundhouse and side kicks
8. Back kick

Kicking Combinations

1. Skip roundhouse kick – 3 times each leg
2. Skip side kick – 3 times each leg
3. Front kick, roundhouse kick, back kick – both sides

Form

- Taegeuk Yi Jang (18 moves)

One-Step Sparring Techniques

4. Step to the right into a front stance. Simultaneous knife hand block with the left hand and inside knife hand strike to the neck with the right hand. Hook neck with right hand and left knee to groin / middle.
5. Step to the left into a horse stance. Inside middle block with the left hand. Grab shoulder with right hand, stomp back of knee with the right leg. Right leg roundhouse to face when attacker drops to knee.
6. Step in with left and left side high block. Figure 4 lock attacker's right arm and sweep leg. Secure arm and strike to face with right hand.

Breaking Technique

- Skip side kick – 1 board

GREEN BELT

Basic Techniques

1. Jab, cross and hook punches
2. Pressing block
3. Inside parry
4. Spear hand strike
5. Back fist strike
6. Elbow strike(s)
7. Spinning hook kick
8. 360° roundhouse kick

Kicking Combinations

1. Skip roundhouse kick, low and high – 3 times each leg
2. Skip side kick, low and high – 3 times each leg
3. Roundhouse kick, back kick, roundhouse kick, back kick – both legs
4. Front kick, roundhouse kick, back kick, drop to knee and reverse punch – both sides

Form

- Taegeuk Sam Jang (20 moves)

One-step Sparring Techniques

7. Block punch with right leg inside crescent kick. Without putting leg down, right leg roundhouse kick to attacker's face.
8. Block punch with right leg outside crescent kick. Left leg roundhouse kick to attacker's head.
9. Step back with left leg and right hand single knife hand block. Grab attacker's wrist and right leg side kick to middle section.

Breaking Technique

- Back kick – 1 board

PURPLE BELT

Basic Techniques

1. Twisted stance
2. Jab, cross, hook and uppercut punches
3. Palm strike
4. Jumping front kick
5. Jumping roundhouse kick
6. Flying side kick

Kicking Combinations

1. Roundhouse kick, 360° roundhouse kick, 360° roundhouse kick.

Form

- Taegeuk Sa Jang (17 moves)

One-step Sparring Techniques

10. Block punch with right leg inside crescent kick, left leg turning back kick, right leg roundhouse kick to attacker's head.
11. Block punch with right leg inside crescent kick, right leg 360° roundhouse kick.
12. Right leg front kick to wrist followed by left leg jumping front kick to arm pit or torso.

Breaking Technique

- 360° roundhouse kick – 1 board

BLUE BELT

Basic Techniques

1. Cat stance
2. All basic blocks performed with open hand
3. Outside forearm block
4. Scissors block
5. Cross ("X") block
6. Outside cover
7. Jumping back kick

Kicking Combinations

1. Jumping front kick – 3 times each leg
2. Jumping side kick – 3 times each leg
3. Flying side kick – both sides

Form

- Taegeuk O Jang (20 moves)

One-Step Techniques / Self-Defense

1. Review techniques #1 – 6 (Yellow – Orange)
2. Wrist releases #1 – 4

Breaking Technique

- Flying side kick – 1 board

BROWN BELT

Basic Techniques

1. Ridge hand strike
2. Tiger mouth strike
3. Double knife hand low block
4. Spreading block
5. Double fist block
6. Reinforced outside block
7. Knee strike
8. Jump spinning hook kick

Kicking Combinations

1. Review all previous combinations
2. Jumping back kick – 3 times each leg

Forms

1. Taegeuk Yuk Jang (19 moves)
2. Review Taegeuk Il Jang (1), Yi Jang (2) and Sam Jang (3)

One-step Sparring Techniques / Self-Defense

1. Review One-step Techniques #1 – 9 (Yellow – Green)
2. ~~Arm bar~~
3. ~~Center lock~~
4. ~~Wrist locks from downward cross block~~
5. ~~Chop n' Pop~~

Breaking Technique

- Jumping back kick – 1 board

RED BELT

Basic Techniques

1. Review all previous stances
2. Review all previous strikes and punches
3. Review all previous kicks (the “Basic 8”)
4. Scissor kick

Kicking Combinations

1. Review all previous kicking combinations
2. Perform all combinations from White belt to Red belt without stopping
3. Spinning hook kick/jump spinning hook kick – 3 times each leg

Forms

1. Taegeuk Chil Jang (23 moves)
2. Review Taegeuk Sa Jang and O Jang

One-step Sparring / Self-defense Techniques

1. Review One-step Techniques #1 – 12 (Yellow – Purple)
2. ~~Shoulder grabs (2)~~
3. ~~Lapel grabs (2)~~
4. ~~Grabs from behind (2)~~

Breaking Technique

- Spinning hook kick/Jump spinning hook kick – 1 board

CANDIDATE
BLACK BELT

Basic Techniques

1. Review all previous stances
2. Review all previous strikes and punches
3. Review all previous kicks (the “Basic 8”)

Kicking Combinations

1. Review all previous kicking combinations
2. Perform all combinations from White belt to Red belt without stopping
3. Skip front, skip roundhouse, skip side kick – both sides
4. Skip front, skip roundhouse, skip side kick, low and high – both sides
5. Axe kick back kick, axe kick, back kick
6. Roundhouse kick, spinning hook kick, roundhouse kick, spinning hook kick
7. Roundhouse kick, 360° roundhouse kick, spinning hook kick
8. 5 – 10 kick combination

Forms

1. Taegeuk Pal Jang (24 moves)
2. Review Taegeuk 1 – 7 (Il Jang thru Chil Jang)
3. Perform Kibon Hyung and Taegeuk 1 – 8 non-stop

One-step Sparring / Self-defense Techniques

1. Review One-step Techniques #1 – 12

Breaking Techniques

1. ~~Reverse punch – 1 board & extinguish candle*~~
2. Inside knife hand strike – 1 board
3. Jumping front kick – 1 board (Ball of the foot)
4. Flying side kick – 1 board
5. Knife hand, hammer fist or palm strike – 1 concrete block