



COLOR BELT STRIPES

WHITE

Stripe 1 – Techniques & Korean Commands

- outer/inner forearm block, high block, low block
- back stance, front stance, sitting stance
- #1 front kick, #1 sidekick, outside crescent kick
- Charyot, Kyong Ye, Jumbi

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – One-Steps

YELLOW

Stripe 1 – Student Oath, Tenants & Techniques

- Student Oath and Tenants of TaeKwonDo
- double fist block, double knife hand, square block
- #2 round kick, spin crescent kick

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – One-Steps



COLOR BELT STRIPES

ORANGE

Stripe 1 – Techniques

- spin sidekick, #3 slide front/side/round kick
- twin outer forearm block, outside block
- guarded spearhand, spinning back fist, ridge hand

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – Sparring combinations

- Putting sparring gear on in under a minute and a half (Kid Kongz only)

GREEN

Stripe 1 – Techniques

- reverse knifehand strike, jab punch into a fixed back stance
- hook kick, hook kick/round kick combination

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – Sparring

- One 2-minute sparring round



COLOR BELT STRIPES

PURPLE

Stripe 1 – Techniques

- C block
- Elbow smash, jumping back fist into x-stance
- #2 heel kick

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – Sparring

- Two 2-minute sparring rounds

BLUE

Stripe 1 – Techniques

- spin hook kick, spin heel kick, #3 slide twist kick
- pressing block, #2 sidekick landing in a double inner forearm block
- cat stance

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – Sparring

- Three 2-minute sparring rounds



COLOR BELT STRIPES

BROWN

Stripe 1 – Board Breaks

- elbow smash, #3 slide sidekick

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – Sparring

- Three 3-minute sparring rounds
- Incorporating jump kicks, perform at least 5 combinations that use a jump kick

RED

Stripe 1 – Board Breaks

- #3 slide or #2 front kick, hammer fist or elbow smash

Stripe 2 – Pattern

- Know name, meaning, how many movements

Stripe 3 – Sparring

- Four 3-minute sparring rounds
- Incorporating 360 techniques, 5 sparring combinations using a 360 kick