

Vuong's Taekwondo Belt Requirements

No Belt

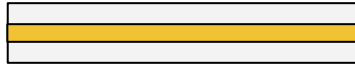
1. Ready Stance (1st star)
2. Kicking Stance (2nd star)
3. Ax Kick (3rd star)
4. Into Out Kick (4th star)
5. Front Snap Kick (5th star)

WHITE BELT



1. Out to In Kick
2. Roundhouse Kick
3. Side Kick
4. Horse Riding Stance Single & High Punch
5. Horse Riding Stance Double Punch

YELLOW CENTER BELT



1. Walking Stance Low Block
2. Forward Stance
3. Forward Stance Middle Inside Block
4. Forward Stance High Block
5. Forward Stance Punches

HALF YELLOW BELT



1. Taegeuk 1
2. Taegeuk 2
3. Sparring

YELLOW BELT



1. Double Roundhouse Kick
2. Double Side Kick
3. Hook Kick
4. Back Side Kick
5. Back Spin Kick

GREEN CENTER BELT



1. Back Stance Single Knife Hand Block
2. Back Stance Double Knife Hand Block
3. Forward Stance Swallowtail Block and Strike
4. Forward Stance Back Fist
5. Forward Stance Knife Hand Attack
6. Forward Stance Supported Spear Hand

HALF GREEN BELT



1. Taegeuk 3
2. Taegeuk 4
3. Sparring

GREEN BELT



1. Jumping Ax Kick
2. Jumping Front Snap Kick
3. Jumping Side Kick
4. Jumping Back Side Kick
5. Jumping Back Spin Kick

BLUE CENTER BELT



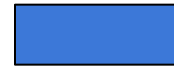
1. Forward Stance Scissors Block
2. Forward Stance High X Block
3. Forward Stance Low X Block
4. Back Stance Double Hammerfist Block
5. Back Stance Single Hammerfist Block

HALF BLUE BELT



1. Taegeuk 5
2. Taegeuk 6
3. One-step Sparring
4. Self-Defense
5. Sparring

BLUE BELT



1. Double Back Side Kick
2. Hook Kick, Roundhouse Kick
3. Double Side Kick, Roundhouse Kick
4. Double Roundhouse Kick, Side Kick
5. Back Spin Kick, Roundhouse Kick

RED CENTER BELT



1. Tiger Stance Palm Block
2. Back Stance Double Hammerfist Low Block
3. Back Stance Double Knife Hand Low Block
4. Horse Stance Knife Hand Attack
5. Horse Stance Middle Punch
6. Horse Stance Spear Hand

HALF RED BELT



1. Combo Blocks
2. Taegeuk 7
3. Taegeuk 8
4. Falls (L/R/Back)
5. Self-Defense
6. One-Step Sparring