

Taekwondo America Junior Striping System

White Belt

1. High Block, Front Kick
2. Low Block, Side Kick
3. Inner Forearm Block, Crescent Kick
4. Sitting, Front, and Back Stance
5. First 4 moves of Ki-Bon
6. One-Step #1
7. First Half of Ki-Bon
8. One-Step #2
9. Ki-Bon
10. One-Step #3

Yellow Belt

1. Double Knifehand Block, Round Kick
2. Square Block, Spin Side Kick
3. Outside Block, Spin Crescent Kick
4. Front/ Round Kick Combination
5. First 4 moves of Dan-Gun
6. One-Step #1
7. First Half of Dan-Gun
8. One-Step #2
9. Dan-gun
10. One-Step #3

Orange Belt

1. Outer Forearm Block, #3 Jump Front
2. Spearhand, #2 Jump Round Kick
3. Twin Outer Forearm, #1 Jump Side
4. Double Step Turn (Railroad Tracks)
5. First 4 moves of Do-San
6. Sparring Combination #1
7. First Half of Do-San
8. Sparring Combination #2
9. Do-San
10. Sparring Combination #3

Green Belt

1. Dble Fist Block (Closed), Hook Kick
2. First 3 moves of Won-Hyo
3. Rev. Inner Forearm, Spin Hook Kick
4. Rev. Inner/Front Kick/Rev. Punch Comb
5. First 6 moves of Won-Hyo
6. Hook Kick/ Round Kick Combination
7. First Half of Won-Hyo
8. Spin Heel Kick
9. Won-Hyo
10. Triple Round Kick

Blue Belt

1. First 3 moves of Joon-Gun
2. Double Knifehand/ Rev. Elbow Strike
3. Twin Punch High, Twin Upset Punch
4. First Half of Joon-Gun
5. Backfist/ Release/ Rev. Punch
6. Double Inner Forearm Block
7. Dble Inner Forearm/ Punch/ Side Kick
8. Double Fist Block/ Double Pressing
9. Horizontal Punch (Closed), C Block
10. Joon-Gun

Brown Belt

1. 360 Inside Crescent Kick (Butterfly)
2. 360 Front Kick
3. 360 Round Kick
4. Upset Punch, Downward Knifehand
5. First Half of Hwa-Rang
6. Reverse Punch (Fixed Stance)
7. X Block, Slide Elbow Strike
8. Low Block/Inner Forearm Block(Closed)
9. Hwa-Rang
10. Board Breaking Procedures

Red Belt

1. 360 Side Kick
2. First 4 moves of Choong Moo
3. 360 Hook Kick
4. First Half of Choong-Moo
5. Rev. Spearhand, Low Block/Backfist
6. Choong-Moo
7. Ki-Bon
8. Dan-Gun
9. Do-San
10. Board Breaking Procedures

All Senior Belts Will Repeat The Appropriate Striping System.