

# Golden State Taekwondo Testing Requirements

## Red Belt

(\* = new requirement)

### Red Belt

Jab, reverse punch

In place front kick

In place side kick

Stepping forward round kick

Front, side, & round kick into bag

Defensive front kick into bag

Defensive side kick into bag

Defensive back kick into bag

Back kick

Front leg round kick

Hop in front kick

Step up round kick

Double round kick

\*Spin hook kick

Defensive punches into bag

Slide in off rear leg kicks

Jump kicks

\*Combinations across floor

Traditional 1 Steps

Pinan 1, 2, 3, 4, & \*5

Fighting Form 1

Sparring techniques

Sparring