

Golden State Taekwondo Testing Requirements

Yellow Belt & Advanced Yellow Belt

(* = new requirement)

Yellow Belt

Jab, reverse punch

In place front kick

In place side kick

Stepping forward round kick

Defensive front kick into bag

Front, side, & round kick into bag

Traditional 1 Steps

Pinan 1

Advanced Yellow Belt

*Add Pinan 2

*3 new one steps, such as:

1. Block, elbow to ribs
2. Round kick, hook kick, punch
3. Knife hand to both sides of neck
4. Side kick, turn back kick