



# Leadership Academy Martial Arts

Red/High Red Belt Standards  
Curriculum For Advanced Testing

Adv **TaeKwonDo** | Application For Rank Advancement

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Testing Date: \_\_\_\_\_ Forms and Fees Handed In? Y / N

Present Rank: \_\_\_\_\_ Applied Rank: \_\_\_\_\_

*Below is for Testing Instructor ONLY*

Is Student's Uniform And Belt Clean? _____	Does Student Have All Required Attendance Stripes? _____
Does Student Have Instructors Approval? _____	(If Applicable) Parent's Approval? _____
Judged By _____	Date _____ Judge's Rank _____

### Hand Techniques

- Twin Forearm
- Middle Punch
- Middle Block
- Hammer Fist
- High Spear
- High, Low Xblock
- Double Forearm
- Ridge Hand
- High Block
- Palm
- Low Block
- High Punch
- Backfist
- Outer, Inner Forearm
- Palm Elbow
- Palm Sweep
- Double Knife Hand
- Knife Hand Strike
- Low Spear
- Elbow Strike
- Upper Elbow
- Double Upset
- U-Shape Block
- Spin Back Fist

### Kicking Techniques

- Front Kick #1, #2, #3
- Rising Kick
- Outside, Inside Crescent
- Roundhouse #1, #2, #3
- Axe Kick #1, #2, #3
- Side Kick #1, #2, #3
- Jump Front #1, #2, #3
- Back Kick
- Jump 360 Back
- Pop Front
- Jump Round
- Hook Kick #1, #2, #3
- Wheel Kick
- Running Jump Side
- Run Jump Front
- Spin Hook Kick
- Run Jump Round
- 360 Round
- Jump Wheel
- Jump Side
- Jump 360 Round
- Hook Kick #1, #2, #3
- Double Front Kick
- Flying Side Kick
- Upward Kick w/top of Knee

- Reverse Crescent Kick
- Skip Twisting Kick
- Skip Hooking Kick (defensive)
- Ground Front Checking Kick
- Ground Side Checking Kick
- Ground Inward Vertical Kick
- Ground Outward Vertical Kick
- Flying Hook Kick (offensive)
- Flying 360o Back Piercing Kick
- Flying Twisting Kick
- Mid-Air Lead Leg Hook Kick
- Quadruple Kicking

### 2nd Dan Kicks

- Pick Shaped Kick
- Waving Kick
- Flying Tw Ft Twist Kick - 2 targets
- Flying Tw Ft Turn Kick - 2 targets
- Flying Tw Ft Side Turn Kick - 2 tar
- Flying Double Kick
- Flying 360o Crescent Kick
- Flying Consecutive Kicks (2)
- Flying Combination Kicks (2)
- Mid-Air 360o Back Piercing Kick

### Self Defense /Combos

- #1 - 1-6 Blocks - Star Block Form
- #2 - Wrist Escape Defense
- #3 - 2 Neck Choke Defense
- #4 - 4 Rndhse Punch Defense
- #5 - 4 Rndhse Kick Defense
- #6 - 4 Rear Choke Defense
- #7 - 4 Push Defense
- #8 - 4 BearHug Defense
- #9 - 4 Middle Punch Defense
- #10 - Mount Defense
- #11 - Side Mount Defense
- #12-16 - Creative Flow - 2nd Dan  
YOU Design Them

### Pad Work

- |   |   |
|---|---|
| <input type="checkbox"/> #1 - Jab/Jab/Cross/<br>Duck/Hook/Cross   | <input type="checkbox"/> #8 - Duck/upper/<br>Hook/Cr  |
| <input type="checkbox"/> #2 - Jab/Jab/Cross/<br>Knee/Knee/<br>Elbow/Elbow                                       | Knee/S.Knee<br>Elbow/S.Elbow<br>Round/S.Round   |
| <input type="checkbox"/> #3 - Jab/Jab/Cross/<br>Round/SRound  | Jab & Cover<br>Cross & Cover  |
| <input type="checkbox"/> #4 - Jab/Cr/Duck/Cr/<br>Knee/S.Round/<br>Cr/Cr/Duck Under                              | Jab/Jab/Cross<br>Duck/Duck/Duck   |
| <input type="checkbox"/> #5 - Front/S.Front<br>Elbow/S.Elbow<br>Cr/Cr/Duck Under/<br>Round Spin                 | <input type="checkbox"/> #9<br>Spin Back Fist<br>Knee Block<br>High Round/Spin<br>Knee Block<br>Push Kick |
| <input type="checkbox"/> #6 - Cross/Hook<br>Upper/Knee<br>Back Kick<br>Jump Front                               | <input type="checkbox"/> #10<br>combo of<br>4,5,6   |
| <input type="checkbox"/> #7 - Jab/Jab/Cross<br>Duck/Hook/Cross<br>Knee/S.Knee<br>Elbow/S.Elbow<br>Round/S.Round | <input type="checkbox"/> #11<br>combo of<br>7,8,9   |

