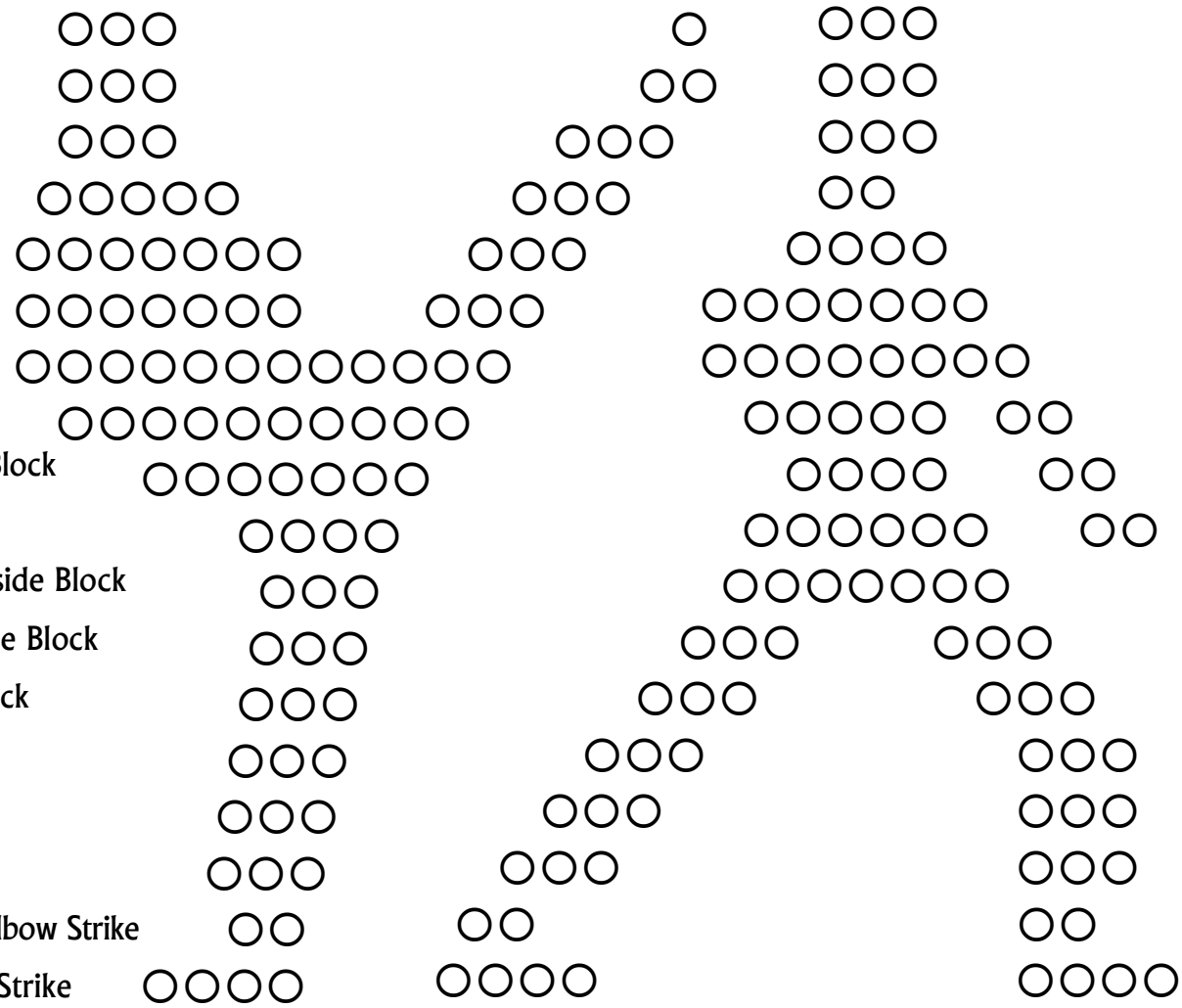
Quest Taekwondo

Kicks
20 times to fill in a bubble.
Alternate left and right sides.

Hand Techniques
20 times to fill in a bubble.
Alternate left and right sides.

Complete both techniques and turn in sheet to receive your black stripe.



White: Front Kick / Middle Punch

Adv. White: Roundhouse Kick / Low Block

Yellow: Side Kick / High Block

Adv. Yellow: Inside Crescent Kick / Inside Block

Green: Outside Crescent Kick / Outside Block

Adv. Green: Axe Kick / Knifehand Block

Blue: Hook Kick / Knifehand Strike

Adv. Blue: Back Kick / Palmheel Strike

Red: Spin Hook Kick / Backfist Strike

Adv. Red: Double Roundhouse Kick / Elbow Strike

Pro. Black: Tornado Kick / Ridgehand Strike