








# USTKDA Test Requirements

BELT (MEANING)	KNOWLEDGE	STANCES	KICKS	FORMS	EXTRA
<b>WHITE</b> (Beginning)	<ul style="list-style-type: none"> <li>Listening</li> <li>Following Directions</li> <li>Sir/Ma'am</li> </ul>	<ul style="list-style-type: none"> <li>Ready (Chumbi)</li> <li>Attention (Cheriot)</li> </ul>			
<b>YELLOW</b> (Respect)	<ul style="list-style-type: none"> <li>Basic Commands</li> <li>Respect (Bow)</li> </ul>	<ul style="list-style-type: none"> <li>Fighting Stance</li> <li>Horse Stance</li> </ul>	<ul style="list-style-type: none"> <li>Front Kick</li> <li>Slap Kick</li> <li>Axe Kick</li> </ul>	<ul style="list-style-type: none"> <li>Closed Hand Form</li> <li>Open Hand Form</li> </ul>	
<b>ORANGE</b> (Achievement)	<ul style="list-style-type: none"> <li>Count to 10 (Korean)</li> <li>American/Korean Flag Meanings</li> </ul>	<ul style="list-style-type: none"> <li>Hugee Stance</li> <li>Forward Stance</li> </ul>	<ul style="list-style-type: none"> <li>Crescent Kick</li> <li>Roundhouse Kick</li> </ul>	<ul style="list-style-type: none"> <li>Basic One</li> <li>Taeguek Il Jang</li> </ul>	
<b>GREEN</b> (Trust)	<ul style="list-style-type: none"> <li>13 Original Colonies</li> <li>Tie Belt</li> </ul>	<ul style="list-style-type: none"> <li>Side Stance</li> <li>Back Stance</li> </ul>	<ul style="list-style-type: none"> <li>Side Kick</li> <li>Combination Kick</li> </ul>	<ul style="list-style-type: none"> <li>Basic Two</li> <li>Taeguek Ee Jang</li> </ul>	
<b>BLUE</b> (Responsibility)	<ul style="list-style-type: none"> <li>Knowledge Of Handbook</li> </ul>	<ul style="list-style-type: none"> <li>Jun Jin Step</li> <li>Hu Jin Step</li> </ul>	<ul style="list-style-type: none"> <li>Double Jump Kick</li> <li>Yup Step/ Counter</li> </ul>	<ul style="list-style-type: none"> <li>Basic Three</li> <li>Taeguek Sam Jang</li> </ul>	
<b>PURPLE</b> (Knowledge)	<ul style="list-style-type: none"> <li>Name Stances, Blocks, and Kicks While Executing Form</li> </ul>	<ul style="list-style-type: none"> <li>Cat Stance</li> <li>Dragon Stance</li> </ul>	<ul style="list-style-type: none"> <li>Nadaban Kick</li> <li>Spinning Hook kick</li> <li>Spinning Back Kick</li> </ul>	<ul style="list-style-type: none"> <li>Pyang-Ahn Cho Dan</li> <li>Taeguek Sa Jang</li> </ul>	<ul style="list-style-type: none"> <li>1 Weapon Form</li> </ul>
<b>BROWN</b> (Foundation)	<ul style="list-style-type: none"> <li>Paper on "What is a Black Belt"</li> </ul>	<ul style="list-style-type: none"> <li>Cobra Stance</li> <li>Crane Stance</li> </ul>	<ul style="list-style-type: none"> <li>Butterfly Kick</li> <li>Lunging Kicks</li> </ul>	<ul style="list-style-type: none"> <li>Pyang-Ahn Ee Dan</li> <li>Taeguek Oh Jang</li> </ul>	<ul style="list-style-type: none"> <li>2nd Weapon Form</li> </ul>
<b>RED</b> (Perseverance)	<ul style="list-style-type: none"> <li>Ability To Talk Another Student Thru a Form</li> </ul>	<ul style="list-style-type: none"> <li>Transitioning from stance to stance</li> </ul>	<ul style="list-style-type: none"> <li>Speed Kicks</li> <li>Counter Kicks</li> </ul>	<ul style="list-style-type: none"> <li>Pyang-Ahn Sam Dan</li> <li>Taeguek Yuk Jang</li> </ul>	<ul style="list-style-type: none"> <li>Hand Break</li> <li>Foot Break</li> </ul>
<b>ADV RED</b> (Endurance)	<ul style="list-style-type: none"> <li>Assisting in Class</li> <li>Perform Warm-Ups</li> </ul>	<ul style="list-style-type: none"> <li>Execution of Stances</li> </ul>	<ul style="list-style-type: none"> <li>Precision &amp; Technique</li> </ul>	<ul style="list-style-type: none"> <li>Pyang-Ahn Saw Dan</li> <li>Taeguek Chil Jang</li> </ul>	<ul style="list-style-type: none"> <li>Speed Break</li> </ul>
<b>BLACK</b> (Integrity)	<ul style="list-style-type: none"> <li>Random of All of The Above</li> </ul>	<ul style="list-style-type: none"> <li>Precision &amp; Technique</li> </ul>	<ul style="list-style-type: none"> <li>Precision &amp; Technique</li> </ul>	<ul style="list-style-type: none"> <li>Pyang-Ahn Oh Dan</li> <li>Taeguek Pal Jang</li> <li>Koryo (Name Belt)</li> </ul>	<ul style="list-style-type: none"> <li>2 Weapon Forms</li> <li>Creative Break</li> </ul>

# USTKDA Test Requirements 2nd & Under

BELT (MEANING)	KNOWLEDGE	STANCES	KICKS	FORMS	EXTRA
<b>WHITE</b> (Beginning)	<ul style="list-style-type: none"> <li>Listening</li> <li>Following Directions</li> <li>Sir/Ma'am</li> </ul>	<ul style="list-style-type: none"> <li>Ready (Chumbi)</li> <li>Attention (Cheriot)</li> </ul>			
<b>YELLOW</b> (Respect)	<ul style="list-style-type: none"> <li>Basic Commands</li> <li>Respect (Bow)</li> </ul>	<ul style="list-style-type: none"> <li>Fighting Stance</li> <li>Horse Stance</li> </ul>	<ul style="list-style-type: none"> <li>Front Kick</li> <li>Slap Kick</li> <li>Axe Kick</li> </ul>	<ul style="list-style-type: none"> <li>Closed Hand Form</li> <li>Open Hand Form</li> </ul>	
<b>YELLOW/ORANGE</b>	<ul style="list-style-type: none"> <li>Count to 10 (Korean)</li> <li>Mom/Dad Name</li> <li>Meaning: white/yellow belt</li> </ul>	<ul style="list-style-type: none"> <li>Forward Stance</li> </ul>	<ul style="list-style-type: none"> <li>Crescent Kick</li> </ul>	<ul style="list-style-type: none"> <li>Basic One</li> </ul>	
<b>ORANGE</b> (Achievement)	<ul style="list-style-type: none"> <li>Identify Flags (American, TN, Korean)</li> <li>Know Phone #</li> <li>Belt Meaning: White-Orange</li> </ul>	<ul style="list-style-type: none"> <li>Short vs Deep Stance</li> </ul>	<ul style="list-style-type: none"> <li>Roundhouse Kick</li> </ul>	<ul style="list-style-type: none"> <li>Taeguek Il Jang</li> </ul>	
<b>YELLOW/ORANGE</b>	<ul style="list-style-type: none"> <li>American Flag: Stars # and Why, Stripes # and Why, Colors (Meaning)</li> <li>Korean 1-20</li> </ul>	<ul style="list-style-type: none"> <li>Side Stance</li> </ul>	<ul style="list-style-type: none"> <li>Side Kick</li> </ul>	<ul style="list-style-type: none"> <li>Basic Two</li> </ul>	
<b>GREEN</b> (Trust)	<ul style="list-style-type: none"> <li>13 Original Colonies</li> <li>Tie Belt</li> <li>Meaning White-Green Belt</li> </ul>	<ul style="list-style-type: none"> <li>Back Stance</li> </ul>	<ul style="list-style-type: none"> <li>Turning Kicks</li> <li>Combination Kick</li> </ul>	<ul style="list-style-type: none"> <li>Taeguek Ee Jang</li> </ul>	<ul style="list-style-type: none"> <li>Forward Roll</li> <li>Back Roll</li> </ul>
<b>BLUE</b> (Responsibility)	<ul style="list-style-type: none"> <li>Belt Color Meanings</li> <li>Korean &amp; TN Flag Info</li> <li>Korean 1-30</li> </ul>	<ul style="list-style-type: none"> <li>Jun Jin Step</li> <li>Hu Jin Step</li> </ul>	<ul style="list-style-type: none"> <li>Double Jump Kick</li> <li>Yup Step/ Counter</li> </ul>	<ul style="list-style-type: none"> <li>Basic Three</li> <li>Taeguek Sam Jang</li> </ul>	<ul style="list-style-type: none"> <li>Weapon Form</li> </ul>