

Tae Kwon Do Rank Information						
Rank	Kicks	Blocks/Hand Techniques	3's	1's	Hapkido	Forms
White to Yellow	Front, Jump Front	Low	1-4	0	0	Chun Gi
	Inside Swing	High				Tan Gun
	Outside Swing	Inner Palm				
	Side	Outer Palm				
	Roundhouse	Single Knife Hand Chop				
	Axe, Jump Axe	Single Knife Hand Block				
	Sliding Side	Double Knife Hand				
	Sliding Round	Double Low Knife Hand				
	Sliding Axe	Double Outer Palm				
	Sliding Inside Swing	Double Outer Knife Hand				
Yellow to Green	Front Side, Front Round					
	Back	Front	0	1-4	0	Do San
	Hook	Double Inner Palm				Suh Kang II
	Sliding Hook	Spearfinger				
	Jump Side					
	Jump Round					
Green to High Green	Double Round					
	Jump Back	Horizontal Backfist	5-7	5-7	0	Won Hyo
	Jump Hook	Vertical Backfist				
	Jump Inside Swing	Ridgehand Strike				
High Green to Blue	180 Round					
	Flying Side					
	Jump Turn Back	Palm Strike		8-10	0	Yul Guk
	Jump Turn Hook					
Blue to High Blue	Front Hook					
	Sweep Kick					
	Jump Turn Inside Swing	Hammerfist	1-7		0	Choon Gun
High Blue to Red	Jump Turn Outside Swing	Twin Forearm Block	opp side			
	180° Front	Mountain Block	side			
	Tornado	Double Low Inner Palm		1-10	0	Toi Gye
Red to High Red	180° Side	X Block		opp side		Hwa Rang
	Reverse Round					
	Double Front Kick				1-5	Suh Kang Ei
High Red to Black (1st Dan)	Double Round (Both Legs)					
	Jump Double Front					
High Red to Black (1st Dan)	Split				6-10	Chun Moo
	Triple Front Kick				5 knife tech	