

# Chang's School of Martial Arts

## Test Requirements Sheet

Belt	Blocking	Hand Striking	Kicking	Aikido	Ki Techniques	One Steps	Kata	Poomse	Breaking
Yellow (9 <sup>th</sup> Kub)	Low & Middle	Middle Punch	Front & Side Snap Front Rising & Swing Front Jump Snap Kick	1	Scarf Hold	1	Taikyoku Shodan	Taeguek Ill Jang	
Yellow Red Stripe (8 <sup>th</sup> Kub)	Crashing Foot Block	Side Punch & Switch	Front Thrust Kick Side Thrust Kick Front Roundhouse	2	Shoulder Hold	2	Taikyoku Nidan	Taeguek Yi Jang	
Orange (7 <sup>th</sup> Kub)	Double Rising Block Double Knife-hand Block		Front & Side Thrust Kick Back-foot Roundhouse	3	Top Four Corner Hold	3	Taikyoku Sandan	Taeguek Sam Jang	Side Kick
Orange Green Stripe (6 <sup>th</sup> Kub)	Double Fist Block	Spear-hand Attack	Front Jump Thrust Kick Flying Side Kick	4	Modified Top Four Corner Hold	4	Heian Shodan	Taeguek Sa Jang	Punch Women & Children: Hammer-fist
Green (5 <sup>th</sup> Kub)			Back Thrust Kick Side Hook Kick Back Spinning Hook Kick Front Crossing Kick	5	Side Four Corner Hold	5	Heian Nidan	Taeguek Oh Jang	Front Thrust Kick

For more information regarding requirements see ***The TKA Testing Guide***.

# Chang's School of Martial Arts

## Test Requirements Sheet

Belt	Self Defense	Kicking	Aikido	Ki Techniques	One Steps	Kata	Poomse	Breaking
Green Red Stripe (4 <sup>th</sup> Kub)	Strangling (3)	Flying Roundhouse Kick Flying Back Thrusting Kick Tornado Kick	6	Half Cross-Lock (Choke)	6	Heian Sandan	Taeguek Yook Jang	Knife Hand
Brown (3 <sup>rd</sup> Kub)	Waist Hold (4)	Combo: Side, Back, Back (Thrust) Kicks Flying Side Hook Kick Flying Back Spinning Hook Kick	7	Naked Choke	7	Heian Yodan	Taeguek Chil Jang	Round-house Kick
Brown Red Stripe (2 <sup>nd</sup> Kub)		Flying Side Kick Flying Roundhouse Kick Flying Back Spinning Hook Flying Back Thrust Kick	8	Single-Wing Choke	8	Heian Godan	Taeguek Pal Jang	Flying Back Thrust Kick
Red (1 <sup>st</sup> Kub)	Boxing (4)	Hop Side & Back Spinning Hook Side Hook & Dbl Roundhouse Creation Kick (3)	9	Sliding Lapel Choke (From Behind)	9	Bassai	Koryo	Flying Round-house Kick

### Children's Aikido – (Ninja Rolling)

9<sup>th</sup> Kub – Hana, Tul, Set, Net in right side only remaining in the landing position.  
 8<sup>th</sup> Kub – Hana, Tul, Set, Net on left side.  
 7<sup>th</sup> Kub – Right side roll, with standing up at the end of the roll.  
 6<sup>th</sup> Kub – Left side roll, with standing up at the end of the roll.  
 5<sup>th</sup> Kub – Hana through Yodal, Right and Left sides.  
 4<sup>th</sup> Kub – Dive roll over one crouching person.  
 3<sup>rd</sup> Kub – Dive roll over two crouching people or 1 in doggie stance.  
 2<sup>nd</sup> Kub – Dive roll over three crouching people or 1 touching the knees.  
 1<sup>st</sup> Kub – Dive roll over four crouching people or 1 standing (head bent down).

### Breaking – (Board Sizes)

Board width is 1 inch for each 10 lbs of weight (min 6inch)  
 IE. Up to 60lbs: 6 inch, 60 to 70lbs: 7 inch, etc.

Maximum is 11-inch adult size board.  
 Adult men ages up to 35 - 2 boards.  
 Women, children, and over 35 years, 1 board

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