

FREE STUDY GUIDE

Line-Work Drill Sheets

The set fundamental-movement drills performed down the line at each grading, listed by the belt you wear now. Know the order and the stance for each.

Down the line, grade by grade



White → Yellow Tag grading

1. Sitting stance front punch
2. Front rising kick (leg raise)
3. Walking stance front punch
4. Walking stance middle block
5. Walking stance low block
6. Walking stance rising block
7. Walking stance middle block, reverse punch
8. Walking stance low block, reverse punch



Yellow Tag → Yellow grading

1. Sitting stance double punch
2. Walking stance low block, rising block
3. L stance middle block
4. Front kick, walking stance
5. L stance forearm guarding block
6. L stance knife hand strike
7. Walking stance middle block, reverse punch
8. Walking stance double punch

 Yellow → Green Tag grading

1. L stance twin forearm block
2. L stance knife hand guarding block
3. Front kick, double punch
4. L stance inward block
5. Turning kick, guarding block
6. L stance forearm guarding block
7. Side kick, guarding block
8. Low block, rising block, reverse punch

 Green Tag → Green grading

1. Walking stance high outer forearm block, reverse punch
2. L stance knife hand guarding block
3. Wedging block, front kick, double punch
4. Turning kick, knife hand guarding block
5. Bending ready stance side kick, forearm guarding block
6. L stance knife hand strike
7. Walking stance straight fingertip thrust
8. Walking stance backfist strike

 Green → Blue Tag grading

1. First 3 moves from Won-Hyo
2. L stance inward knife hand strike
3. Bending ready stance side kick, land knife hand guarding block
4. L stance side punch
5. Turning kick, reverse turning kick
6. Forearm guarding block
7. Circular block, walking stance
8. Side kick, reverse side kick
9. Walking stance wedging block

 Blue Tag → Blue grading

1. Hooking block, hooking block, punch
2. Walking stance fingertip thrust
3. Bending ready stance side kick, front elbow strike
4. L stance twin knife hand block
5. Turning kick, reverse turning kick, land knife hand guarding block
6. Circular block, front kick, reverse punch
7. Side kick, reverse side kick, forearm guarding block
8. Walking stance double forearm block

 Blue → Red Tag grading

1. Knife hand guarding block, walking stance upper elbow strike
2. Rear foot stance upward palm block
3. Walking stance twin punch
4. Walking stance twin upset punch
5. Side kick, land walking stance double forearm block
6. L stance forearm guarding block — low stance pressing block
7. L stance reverse knife hand block
8. L stance high backfist strike
9. High section turning kick, land forearm guarding block
10. Side kick, back kick, land knife hand guarding block

 Red Tag → Red grading

1. Walking stance X-block, twin punch
2. L stance middle block, low fingertip thrust
3. Front kick, double punch
4. Turning kick at 45-degree angle, land knife hand guarding block
5. Axe kick, land forearm guarding block
6. Twin forearm block
7. Side kick, land walking stance elbow strike
8. L stance waist block
9. L stance inward palm block

 Red → Black Tag grading

1. First 3 moves from Won-Hyo
2. Hooking block, hooking block, punch
3. Knife hand guarding block, upward elbow strike
4. Low X-block — twin punch
5. Circular block, front kick, reverse punch
6. Walking stance twin upset punch
7. L stance low section upset fingertip
8. Low stance pressing block
9. Side kick, reverse side kick
10. Turning kick, reverse turning kick
11. Step up axe kick, double punch, forearm guarding block

 Black Tag → 1st Dan Black Belt grading

1. (F) Low block, rising block, reverse punch
2. (B) Knife hand guarding block / upper elbow strike
3. (F) Rear leg front kick, turning combo, double punch
4. (B) Double forearm block middle walking stance, then low L stance
5. (F) Side kick, back kick, reverse punch
6. (B) First 3 moves of Won-Hyo
7. (F) Turning kick, reverse turning kick, lead ridgehand, reverse punch
8. (B) First 2 moves of Toi-Gye
9. (F) Front leg hook kick / side kick combo, rear leg axe kick
10. (B) Double hooking block, punch — twin knife hand block L stance
11. (F) Knife hand guarding block, front leg front kick, walking stance flat fingertip thrust
12. (B) U-shaped block walking stance
13. (F) Jumping side kick from Choong-Moo
14. (B) Wedging block walking stance, knife hand strike L stance
15. (F) Jumping front kick on spot x4, pressing block low stance
16. (B) X-fist pressing block, X-fist rising block walking stance

On the 1st Kup sheet, lines alternate (F) forward and (B) backward.

**Make it stick**

Every grading has a flashcard deck covering its pattern, theory and terminology. £7.99 each at tkd-toolkit.com/shop