**COLORED BELT SPARRING BASICS**

**White Belt:**

1. Snap kick; front kick
2. Front kick; roundhouse kick
3. Roundhouse kick; roundhouse kick

**Yellow Belt:**

1. Slide-up; front kick
2. Slide-up; roundhouse kick
3. Step-up; roundhouse kick

**Orange Belt:**

1. Roundhouse kick; step-up; roundhouse kick
2. Roundhouse kick; step-up; ax kick
3. Roundhouse kick; spin; roundhouse kick

**Green Belts:**

1. Roundhouse kick; skip-up; roundhouse kick
2. Roundhouse kick; step-behind; side kick
3. Roundhouse kick; skip-up; side kick

**Blue Belts:**

1. Roundhouse kick; back kick
2. Pull-back; roundhouse kick; roundhouse kick
3. Slide-back; roundhouse kick; slide-up; roundhouse kick; roundhouse kick; punch

**Purple Belts:**

1. Inside ax kick; back kick
2. Roundhouse kick; jump spin; roundhouse kick
3. Inside ax kick; jump spin; inside ax kick

**Red Belts:**

1. Roundhouse kick; spin hook kick
2. Roundhouse kick; jump spin; inside ax kick
3. Skip-up; roundhouse kick; floater kick

**Brown Belts:**

1. Cut 45 degrees; roundhouse kick; roundhouse kick
2. Pull back; lead ax kick; roundhouse kick; back kick
3. Retreating jump back kick

**Recommended Black Belt:**

1. Roundhouse kick; jump spin; roundhouse kick; spin hook kick
2. Switch feet; back spin jump; roundhouse kick
3. Tornado kick

**Black Belt Sparring Basics**

**Kwang-Gye:**

1. Jump spin hook kick
2. Jump spin crescent kick
3. Flying side kick; punch (at the same time)

**Gae Baek:**

1. Shuffle forward; cover and punch; lead roundhouse kick
2. Skip to the fake; roundhouse kick with opposite foot
3. Skip to the fake; inside ax kick with opposite foot

**Koryo:**

1. Roundhouse kick; jump spin hook kick
2. Roundhouse kick; jump spin back kick
3. Flying side kick; back kick

**Po Eun:**

1. Roundhouse kick; jump spin roundhouse kick; spin hook kick; spin hook kick
2. Slide back; slide back; jump back kick
3. Random kicks down the floor or a fellow students’techniques