

AMERICAN ACADEMY OF TAE KWON DO

416 W. Bedford-Euless Rd. • Hurst, TX 76053 • (817) 343-4179 • www.lightemuptkd.com

Black Stripe Study Guide

Category	Description
Poomsae (Form)	All forms including Taeguk Form 8
Self-Defense	All previous material
Kicking/Hand Technique	All previous material
Stances/Movements	All previous material
Breaking	Sabumnim's choice
Sparring	Sabumnim's choice
School Knowledge	All previous material

