

Training and Belt Testing Requirements

WHITE BELT

(1-2 months – 14 or more classes)

FORM: Ten Basic Hand Techniques

FORM	SAY
1. Bow	“1 SIR”
2. Ready Position	“2 SIR”
3. Horse Stance	“3 SIR”
4. Left hand Low Block	“4 SIR”
5. Right hand Low Block	“5 SIR”
6. Left hand High Block	“6 SIR”
7. Right hand High Block	“7 SIR”
8. Left hand Middle Punch	“8 SIR”
9. Right hand Middle Punch	“9 SIR”
10. Left hand High Punch	“KI AP”

BASIC TECHNIQUES:

STANCES	BLOCKS	HANDS
Close Stance (Cha Reut)	Low Block	Middle Punch
Ready Stance (Joon Be)		
Horse Stance	High Block	
Fighting Stance		

Hands/KICKING COMBO	KICKS	BREAKING TECHNIQUE
Jab (2x's)	Stretch Kick	Front Snap Kick
	Axe Kick	
Knee (2x's)	Front Snap Kick	
	Round House Kick	

THINGS TO KNOW:

Why do we Bow?	“To Show Respect, Sir”
‘Thank you very much’ in Korean	“Gam Sa Ham Ni Da.”
Tae Kwon Do Oath	<ol style="list-style-type: none"> 1. I will be respectful to my Instructors and Seniors. 2. I will be cooperative with my fellow Students. 3. I will never misuse the Art of Tae Kwon Do 4. I will be dedicated to my goal of Self-Improvement.

Training and Belt Testing Requirements

YELLOW BELT

(1-2 months – 14 or more classes)

FORM: Basic Form #1

FORM	
1. Left Hand Low Block	11. Right Hand Low Block
2. Right Hand Middle Punch	12. Left Hand Middle Punch
3. Right Hand Low Block	13. Left Hand Low Block
4. Left Hand Middle Punch	14. Right Hand Middle Punch
5. Left Hand Low Block	15. Left Hand Middle Punch
6. Right Hand Middle Punch	16. Right Hand Middle Punch (Ki-ap)
7. Left Hand Middle Punch	17. Left Hand Low Block
8. Right Hand Middle Punch (Ki-ap)	18. Right Hand Middle Punch
9. Left Hand Low Block	19. Right Hand Low Block
10. Right Hand Middle Punch	20. Left Hand Middle Punch

****10 years old and under will only be required to know up to Step 8.**

BASIC TECHNIQUES:

STANCES	BLOCKS	HANDS	KICKS
Walking Stance Front Stance	Inside Block	High Punch	Side Kick
		Reverse Punch	Back Kick
			Inside Out Kick/ Outside In Kick

Hands/KICKING COMBO	BREAKING TECHNIQUE
Jab & Cross (2x's)	Axe Kick
Front Snap Kick (2x's)	

THINGS TO KNOW:

Why do we Kiap?	"To show Power and Confidence, Sir"	
'Hello, how are you?' in Korean	"An Young Ha Sae Yo."	
Count 1 through 10 in Korean	1. One: Ha-nah 2. Two: Duhl 3. Three: Seht 4. Four: Neht 5. Five: Da-seot	6. Six: Yeo-seot 7. Seven: Il-gop 8. Eight: Yeo-dul 9. Nine: A-hope 10. Ten: Yeol

Training and Belt Testing Requirements

PURPLE BELT

(1-2 months – 14 or more classes)

FORM: Tae Geuk II(1)

**10 years old and under will only be required to know up to Step 10.

BASIC TECHNIQUES:

STANCES	HANDS	KICKS
Fighting Stance	Hook & Upper Cut	Whip Kick
		Slide Whip Kick

SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Round house Kick

KICKING COMBO	NUNCHUCKS
Front Kick, Axe Kick	Backward Spin
Front Kick, Round House Kick	Forward Spin

THINGS TO KNOW:

Why do we practice controlled free sparring?	"To show mental and physical discipline and control over ourselves. Also to build skill and self- confidence, Sir"
'Grand Master' in Korean	"Gwan Jang Nim"
'Master' in Korean	"Sa Bum Nim"
'Instructor' in Korea	"Gyo Sa Nim"
'Senior Rank' in Korean	"Sun Bae Nim"
Count 11 through 20 in Korean	11. Eleven: Yul Hana 12. Twelve: Yul Dule 13. Thirteen: Yul Set 14. Fourteen: Yul Net 15. Fifteen: Yul Dasut 16. Sixteen: Yul Yeosut 17. Seventeen: Yul Il Gop 18. Eighteen: Yul Yeo Dul 19. Nineteen: Yul Ah Hope 20. Twenty: Su Mul

Training and Belt Testing Requirements

ORANGE BELT

(1-2 months – 14 or more classes)

FORM: Tae Geuk Yi(2)

****10 years old and under will only be required to know up to Step 10.**

BASIC TECHNIQUES:

HANDS	KICKS
Hook & Uppercut	Jump Front Kick
	Jump Double Round House Kick

SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Turning round house Kick

KICKING COMBO	NUNCHUCKS
Round House Kick & High Round House Kick	Body Wrap
Round House Kick & Axe Kick	Shoulder Catch and Release

THINGS TO KNOW:

What does Tae Kwon Do Mean?	“TAE means technique of the foot (kicking). KWON means technique of the hand (punches, strikes). DO means the Art and Manner of Life, Sir”
‘Tae Kwon Do Studio’ in Korean	“Do Jang”
‘Good Bye’ in Korean	“Ahn Young Hee Gae Sae Yo”

Training and Belt Testing Requirements

GREEN BELT

(1-2 months – 14 or more classes)

FORM: Tae Geuk Sam(3)

****10 years old and under will only be required to know up to Step 10.**

BASIC TECHNIQUES:

STANCES	BLOCKS	HANDS	KICKS
Back Stance	One Hand Knife Block	Knife Hand Strike	Whip Kick
			Jump Side Kick

SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Back Kick

KICKING COMBO	NUNCHUCKS
Fast Kick & Round House Kick	Shoulder Catch Switch
Fast Kick & Axe Kick	Figure 8

THINGS TO KNOW:

Tenets of Tae Kwon Do	<ol style="list-style-type: none"> 1. Modesty 2. Courtesy 3. Integrity 4. Self-Control 5. Perseverance 6. Strong Spirit
What Is Our Schools Motto	Black Belt for Life
What Makes A Good Student	To Be Humble, Kind & Thankful

Training and Belt Testing Requirements

BLUE BELT

(1-2 months – 14 or more classes)

FORM: Tae Geuk Sa(4) Jang

****10 years old and under will only be required to know up to Step 10.**

BASIC TECHNIQUES:

BLOCKS	HANDS	KICKS
Outside Block	Spear Hand Strike	Spin Whip Kick
Two Hand Knife Block	Elbow Strike	Tornado Kick
	Back Fist	

SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Elbow Strike
	Jump Front Kick

KICKING COMBO	NUNCHUCKS
Round House Kick & Back Kick	Shoulder/Cross Strike/Body Wrap
Fast Kick & Back Kick	Quick Strike

THINGS TO KNOW:

Korean Terminology	<ol style="list-style-type: none">1. Attention: Cha Reut2. Bow: Gyeong Rae3. Ready Position: Joon Be4. At Ease: She Ow5. Return: Ba Roe6. Turn Around: Dwee Roe Torah7. Begin: She Jak8. Stop: Keu Mahn
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Training and Belt Testing Requirements

BROWN BELT

(2-4 months – 28 or more classes)

FORM: Tae Geuk Oh(5) Jang

****10 years old and under will only be required to know up to Step 10.**

BASIC TECHNIQUES:

STANCES	KICKS
Cross Stance	Jump Back Kick
Easy Stance	

SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Knife Hand Strike
	Running Jump Side Kick

KICKING COMBO	NUNCHUCKS
Round House Kick & Slide Back-Round House Kick	Around the Body
Round House Kick & Slide Back-Back Kick	Body Wrap Helicopter

THINGS TO KNOW:

Three Examples of Self Discipline	<ol style="list-style-type: none">1. Stop to Think Before you Act.2. Keep True to my Word and Commitments.3. Work Hard even when nobody else is watching.
Korean Terminology	<ol style="list-style-type: none">1. Uniform: Do Bok2. Belt: Thee3. Form: Poom Sae4. Color Belt: Keup5. Black Belt: Dan6. Shout: Ki Hap7. Free Sparring: Kyo Ru Gi

Training and Belt Testing Requirements

SENIOR BROWN BELT

(2-4 months – 28 or more classes)

FORM: Tae Geuk Yook(6) Jang

****10 years old and under will only be required to know up to Step 10.**

BASIC TECHNIQUES:

BLOCKS	KICKS
Palm Block	Cut Kick
Twist One Hand/High Knife Block	
Two Hand Spread Block	

SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Back Fist
	Jump Back Kick

KICKING COMBO	NUNCHUCKS
Nare Chagi & Slide Back-Nare Chagi	Chicken Wing
Nare Chagi & Slide Back-Jump Back Kick	Shoulder Catch Spin Switch

THINGS TO KNOW:

What is Confidence?	“Accepting and Believing in Oneself, Sir.”
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Training and Belt Testing Requirements

RED BELT

(2-4 months – 28 or more classes)

FORM: Tae Geuk Chil(7) Jang

****10 years old and under will only be required to know up to Step 10.**

HAP KI DO:

Front Fall	Right Fall	Left Fall
Back Fall	Cat Roll and Roll Back	Cat Roll, Turn, and Fighting Stance

BASIC TECHNIQUES:

STANCES	BLOCKS
Tiger Stance	Scissor Block
SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Fist Punch
	Spin Whip Kick
KICKING COMBO	NUNCHUCKS
Ap Bal High Round House & Tornado Kick	Top Spin & Chicken Wing
Three Kick Nare Chagi & Tornado Kick	

THINGS TO KNOW:

Open Class	<ol style="list-style-type: none"> 1. Cha Reut, Kyung Yeah, Ahn Juh, Myung Sang 2. Ba Roe, Ehro Sut 3. Gwan Jang Nim (Sa Bum Nim or Gyo San Nim) gae, Kyung Yeah (Students: "Don Gyo") 		
Close Class	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ol style="list-style-type: none"> 1. Cha Reut 2. Kyung Yeah 3. Ahn Juh 4. Myung Sang 5. Ba Roe 6. Ehro Sut 7. Gwan Jang Nim gae Kyung Yeah 8. Gam Sa Ham Ni Da </td> <td style="width: 50%; border: none; vertical-align: top;"> <p>Senior Student:</p> <ol style="list-style-type: none"> 1. Torah (to Class Assistant) 2. Kyo Sa Nim gae, Kyung Yeah 3. Gam Sa Ham Ni Da <p>Class Assistant:</p> <ol style="list-style-type: none"> 1. Chun Man Nay Yo 2. Torah (To Instructor) <p>Instructor:</p> <ol style="list-style-type: none"> 1. Announcements 2. Class Dismissed </td> </tr> </table>	<ol style="list-style-type: none"> 1. Cha Reut 2. Kyung Yeah 3. Ahn Juh 4. Myung Sang 5. Ba Roe 6. Ehro Sut 7. Gwan Jang Nim gae Kyung Yeah 8. Gam Sa Ham Ni Da 	<p>Senior Student:</p> <ol style="list-style-type: none"> 1. Torah (to Class Assistant) 2. Kyo Sa Nim gae, Kyung Yeah 3. Gam Sa Ham Ni Da <p>Class Assistant:</p> <ol style="list-style-type: none"> 1. Chun Man Nay Yo 2. Torah (To Instructor) <p>Instructor:</p> <ol style="list-style-type: none"> 1. Announcements 2. Class Dismissed
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Training and Belt Testing Requirements

SENIOR RED BELT

(4-6 months – 42 or more classes)

FORM: Tae Geuk II(1), Yi(2), Pahl(8) Jang

BASIC TECHNIQUES:

BLOCKS	KICKS
Part Mountain Block	Running Jump Back Kick
Two Hand Outside Block	

SPARRING	BREAKING TECHNIQUE
Olympic Sparring with All Equipment	Ridge Hand
	Running Jump Front Kick
	Running Jump Side Kick
	Running Jump Round House Kick

KICKING COMBO	NUNCHUCKS
Axe Kick & Fast Axe Kick & Spin Whip Kick	All Nunchuck Tech.
Fast Axe Kick & Nare Chagi & Spin Whip Kick	
ALL Lower Ranking Kicking Combo	

ENDURANCE TEST:

1. 50 Sit-ups
2. 50 Push-ups
3. 50 Squats
4. Two Rounds of Kicking Paddles (One Minute Each-Master's Choice)

Essay: What have you gained from Tae Kwon Do Training?

(Must be at least one full typed page, you may include this into your Scrapbook/Portfolio)

Scrapbook/ Portfolio: Create a scrapbook/portfolio of your history of Tae Kwon Do Training. Starting from White Belt to Current. Include Photos with descriptions, Awards, Certificates etc.

(Example: "My Journey to Black Belt")