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Dear Taekwondo Family,

This manual is dedicated to all of the students, parents and instructors of Kim & Cam's Taekwondo Academy. I have designed this manual to help answer your questions including correct Korean terminology, information about Taekwondo, and belt testing curriculum for all ages and levels. It should be used as a reference guide to complement Master Cam's teaching in the Dojang.

Taekwondo is the most popular martial art in the world. It was a demonstration sport at the 1988 Summer Olympics in Seoul, Korea as well as the 1992 Summer Olympics in Barcelona, Spain. Beginning with the 2000 Summer Olympics in Sydney, Australia it is a full medal sport, one of only two martial arts to have this honorable distinction.

Taekwondo has rapidly grown in popularity through the years due to the immense benefits it provides. Many of my students have found greater self-confidence, physical and mental discipline, and improved health as a result of their training. I hope you will all benefit from Taekwondo as I have through the years.

This Academy has been a vision of Grand Master J.W. Kim and mine for over a decade. Now we are here to share our vision with the Colorado community as students of all ages and abilities practice the art of Taekwondo and learn the tenets of Courtesy, Integrity, Perseverance, Indomitable Spirit, and Self-Control from world renowned Taekwondo Masters.

Sincerely,

Master Cameron B. Weber



Grand Master J.W. Kim was born in Seoul, South Korea and moved to Sao Paulo, Brazil a few years later where he started in Taekwondo at age 4. He proceeded to win many of the prestigious tournaments and became a well known competitor. Ever since he achieved his black belt, he has been actively involved in teaching and coaching Taekwondo.

Being accepted at New York University, Grand Master Kim left Brazil to go to New York City at age 18. In only 3 years he learned English and received a degree in economics graduating with honors. In addition to English, Grand Master Kim has learned several more and now speaks six languages.

After graduation, Grand Master Kim went on to open J.W. Kim Taekwondo in Greenwood Village, Colorado. Since 1995, J.W. Kim Taekwondo has become one of the largest operations in martial arts in Colorado and has started affiliate programs in Palo Alto, CA, Denver, CO, Highlands Ranch, CO, and Castle Pines, CO. Grand Master Kim has also graduated over 1,000 students to the level of black belt.

Grandmaster Kim is one of the few instructors in the world who is proficient in both styles of Taekwondo, both WT and ITF. He has made it his mission to spread Taekwondo around the world.

Grandmaster Kim now supports Master Cam in his endeavors to provide the highest quality martial arts instruction in the Parker area.

Grand Master Kim's accomplishments include:

- 8th degree black belt- Kukkiwon Certified
- Taekwondo Hall of Fame Inductee (2019)
- Appointed as a special advisor to the Kukkiwon (2012)
- Former V.P of Colorado Taekwondo Association (1999-2002)
- September 20th is official J.W. Kim day proclaimed by Denver's Mayor Wellington Webb.
- Presidential Sports Award from President Bill Clinton in 1996.
- Coach of many National and International champions
- Special commendation from Kukkiwon President Woo Kyu Uhm for Master Kim's unlimited efforts of self sacrifice to bring about the popularization of the sport Taekwondo (2004)

Other martial arts experience: Hapkido and Brazilian JiuJitsu



Master Cameron Weber is a 6th Degree Black Belt certified by Kukkiwon (World Taekwondo Headquarters) and has dedicated his life to Martial Arts and improving lives of children, teens, and adults. Master Cam's true passion is working with children and having a positive impact on their lives and future aspirations. He leads high energy, fun, and unique classes to suit a variety of ages and learning styles. He is one of the few Masters in the world proficient in traditional, International Taekwondo Federation (ITF) style and World Taekwondo (WT) Olympic style Taekwondo. Master Cam is the Head instructor of Kim & Cam's Taekwondo Academy. He personally teaches and interacts with each student, building lasting, meaningful relationships.

Taekwondo Accomplishments:

- 6th Dan, Master Instructor- Kukkiwon Certified (World Taekwondo Headquarters)
- 1st Place 2016 USAT National Championships
- 2013 USA National Collegiate Taekwondo Team Member (Represented USA in South Korea)
- 1st Place 2013 USAT National Collegiate Championships
- 2nd Place 2013 USAT Senior National Championships
- 2nd Place 2014 USAT National Collegiate Championships
- Colorado State Taekwondo Team Member- 5 time State Champion
- Certified USA Taekwondo Referee
- Certified USA Taekwondo Coach
- Rocky Mountain Collegiate Taekwondo League- League MVP
- Undefeated in Colorado sanctioned sparring events
- Training Experience in South Korea, the birth place of Taekwondo
- Defeated Korean Collegiate National Team Member in televised scrimmage in South Korea
- Licensed Global Athlete
- Featured in Moosin Martial Arts Magazine

Education and Credentials:

- Business Management Degree (Honors), Media Studies (Minor)- Colorado State University
- Background Check with Douglas County School District
- Safe Sport Background Check with USA Taekwondo
- CPR and AED Certified

Taekwondo is a **Korean martial art that began over 2000 years ago**. Archaeologists have found drawings on the walls of ancient tombs that show men practicing different blocks and punches. The existence of these murals allows historians to date the origins of what we now call Taekwondo to around 50 BC.

In ancient times, Korea was divided into three kingdoms: **Koguryo, Paekje, and Silla. Silla later unified the three kingdoms** after winning the war against Paekje in 668 AD and Koguryo in 670 AD. The **Hwa Rang Do** helped in this unification. The Hwa Rang Do was an elite group of young noble men who devoted themselves to improving both their minds and bodies to better serve their **kingdom of Silla**. The **Hwa Rang Do** had an honor code and practiced various forms of martial arts, including Tae Kyon and Soo Bakh Do. These forms of martial arts are the origins of what we call Taekwondo today. Additionally, the honor code practiced by the Hwa Rang Do is the philosophical basis of modern Taekwondo.

Many years of peace followed the unification of the three kingdoms and allowed the people of Korea to learn and practice these marital arts.

Unfortunately, in 1909 the Japanese invaded Korea and forbid the practice of their marital art, that was then being called Soo Bak. Fortunately, people continued to practice Soo Bak in secret.

At the end of WWII, when Japan was driven from Korea, several different styles of martial arts began to develop. **A style or school of martial arts was called a "Kwan"**. Some of the different Kwans that developed were "Chung Do Kwan", "Moo Duk Kwan", "Yun Moo Kwan", and "Ji Do Kwan". Although they were similar in many ways, there were small differences. **There was no unified way to bow, punch, kick, or compete**. Eventually, the leaders of the separate kwans agreed that the different styles needed to unite in order to grow.

In 1955, the Kwans unified and in 1957, the name Taekwondo was adopted. In 1973, the World Taekwondo (WT) was founded and in 1980, the International Olympic Committee (IOC) recognized the WT. The 1988 & 1992 Summer Olympics presented Taekwondo as a demonstration sport and **beginning with the 2000 Summer Olympics in Sydney, Australia, Taekwondo has joined Judo as the only two martial arts to be recognized by the IOC**.

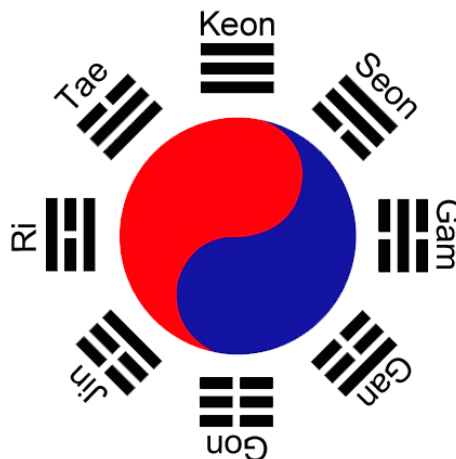
"Poomsae" is the Korean word for a form. All students of Taekwondo are required to learn certain forms. As students of the WT style of Taekwondo you will learn Taegeuk Poomsae. The Taegeuk forms of Taekwondo are paradigms of the martial art. They contain the basic physical movements and also the philosophical thoughts from which the art was derived.

Literally, **"Tae" means bigness** and **"geuk" means eternity**. Combined **Taegeuk means "great eternity"**. The **8 patterns** of the Taegeuk forms derive their meanings from the basic tenets of the orient's oldest philosophical work, **The Book of Changes**. Koreans call this book Jooyeok. In the Book of Changes the universe is divided into eight subsequent combinations derived from the major forces of the universe, Yin and Yang. **Yin is the ultimate creative power** and **Yang is the ultimate receptive power**.

Each combination is represented by a symbol called a trigram, because it contains three lines. As the figure on the following page demonstrates, the 8 trigrams are arranged in a circle around the symbol for Yin and Yang. Opposite pairs are positioned across the circle from one another, to represent the interdependent polarities that compose the universe.

The following chart denotes the eight forms of Taekwondo and their meanings:

1. Taegeuk Il Jang	Keon	Heaven & Light
2. Taegeuk Yi Jang	Tae	Joy
3. Taegeuk Sam Jang	Ri	Fire & Clarity
4. Taegeuk Sa Jang	Jin	Thunder
5. Taegeuk Oh Jang	Seon	Wind
6. Taegeuk Yuk Jang	Gam	Water
7. Taegeuk Chil Jang	Gan	Mountain
8. Taegeuk Pal Jang	Gon	Earth



Together these concepts and symbols represent the balance of all nature. In the training of Taekwondo, as in life, we hope to find this balance. The poomsae carry with them not only the physical movements but also the meaning of Taekwondo.

The following should be considered while performing forms:

1. Form should begin and end in the same spot. This indicates the quality of the performer's stances and technique.
2. Correct posture and body position must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper, critical moments in the form.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the specifications of that pattern.
6. Exhale on exertion of each technique in order to maximize power.
7. Each pattern should be perfected before moving to the next.
8. Students should know the purpose of each movement.

WORDL TAEKWONDO STYLE (OLYMPIC STYLE)

- | | | | |
|-----------------------------|---|---------------------|---|
| 1. TAEGEUK IL JANG | Heaven and light | 10. KEUMGANG | Means “diamond”, symbolizing hardness. Keumgang is also the name of the most beautiful mountain in Korea, as well as the Keumgang Warrior, named by Buddha. Thus, the themes of hardness, beauty, and pondering permeate this Poomsae. |
| 2. TAEGEUK YI JANG | Joy | 11. TAEBEK | Translates to “lightness”. Every movement in this Poomae is intended to be not only exact and fast, but with determination and hardness, resembling the mountain Baekdoo, the origin of the nation of Korea. |
| 3. TAEGEUK SAM JANG | Fire and clarity | 12. PYONGWON | Translates roughly to “vast plain”. The plain is a source of sustaining the human life and , on the other hand, a great open plain stretching out endlessly gives us a feeling of majesty that is different from what we feel with a mountain or the sea. |
| 4. TAEGEUK SA JANG | Thunder | | |
| 5. TAEGEUK OH JANG | Wind | | |
| 6. TAEGEUK YUK JANG | Water | | |
| 7. TAEGEUK CHIL JANG | Mountains | | |
| 8. TAEGEUK PAL JANG | Earth | | |
| 9. KORYO | Named after an old Korean Dynasty. The people from the Goryeo defeated the Mongolian aggressors. It is intended that their spirit is reflected in the movements of the Poomsae Koryo. Each movement of this Poomsae represents the strength and energy needed to control the Mongols. | | |

INTERNATIONAL TAEKWONDO FEDERATION (ITF) STYLE

- | | | | |
|--------------------|--|---------------------|---|
| 1. CHONJI | Means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth. | 8. HWARANG | Named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity. |
| 2. DANGUN | Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C. | 9. CHOONGMOO | Named after the great Admiral Yi-Soon-Sin. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentially checked by the forced reservation of his loyalty to the king. |
| 3. DOSAN | Pseudonym of the patriot, Ahn Chang-Ho (1876-1938). The 24 movements represents his entire life which he devoted to furthering the education of Korea and its independence movement. | 10. KWANGGAE | Named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne. |
| 4. WONHYO | Noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A. D. | 11. POEUN | Pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The movements represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty. |
| 5. YULGOK | Pseudonym of a great philosopher and scholar, Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38 latitude. | 12. GE BAEK | Named after Ge Baek, a great general in the Baek Je Dynasty (660 A.D.). The movements represents his severe and strict military discipline. |
| 6. JOONGGUN | Named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910). | | |
| 7. TOIGYE | Pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude. | | |

1. Arrive early to class
2. Sign in to Attendance Computer beginning at yellow belt.
3. Students must bow when they enter or exit the school's lobby.
4. Students must bow to the flags when entering or leaving the Dojang (training area).
5. Students must bow to the Masters and Instructors the first time they see them and the first time they enter the Dojang.
6. Tie your belt correctly and present yourself in a clean, neat manner.
7. Bring your full set of KC Taekwondo Academy approved sparring equipment for all sparring classes.
8. Never climb on the kicking bags or misuse any equipment.
9. Never use bad language or insult another student.
10. Help keep the Dojang neat and orderly.
11. Do not engage in rough play before or after class.
12. Practice all tenets of Taekwondo in and outside of the Dojang.

Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit
5. Self-Control

Taekwondo Oath

1. Observe the Tenets of Taekwondo
2. Respect my instructor and senior belts
3. Never misuse Taekwondo
4. Build a more peaceful world
5. Be a champion of freedom and justice

Etiquette

- When lining up, students should line up by rank and then by age allowing higher ranking students and more senior students to line up first.
- When in groups, the lowest ranking student should get any required equipment. If there are multiple students of the same rank, the younger student should get the equipment.
- Bow and use two hands when exchanging equipment, papers, certificates, or any other items.
- Answer up. All questions and commands should be answered "Yes Sir/Ma'am" or "No Sir/Ma'am".

Commands

Charyot	Attention
Kukke Yea Deehayo	To the Flag
Kwanjangnim	To the Head Master
Sabumnim Kye	To the Master (4th to 6th degree)
Kyosanim Kye	To the Instructor (2nd to 3rd degree)
Kyunyeah	Bow
Kamsa Habneeda	Thank You Very Much
Hecho	Dismissed

How to Address Senior Belts

"Kwanjangnim"	Head Master
"Sabumnim"	Master (4th degree Black Belt or higher)
"Kyosanim"	Instructor (1st—3rd degree Black Belt)
When you are at the school, you must always address all senior belts as "Sir" or "Ma'am".	
All questions are to be answered "Yes Sir/Ma'am" or "No Sir/Ma'am"	

English	Korean
1 One	Hana
2 Two	Dule
3 Three	Set
4 Four	Net
5 Five	Dasot
6 Six	Yosot
7 Seven	Il Gob
8 Eight	Yo Dul
9 Nine	Ahop
10 Ten	Yul
20 Twenty	Sumul
30 Thirty	Sarun
40 Forty	Mahun
50 Fifty	Shehun
60 Sixty	Yesun
70 Seventy	Ilhun
80 Eighty	Yodun
90 Ninety	Ahun
100 One hundred	Bak

Korean Ordinal Numbers

1st	Il
2nd	Yi
3rd	Sam
4th	Sa
5th	Oh
6th	Yuk
7th	Chil
8th	Pal
9th	Goo
10th	Ship

Bar Chagie (Basic Kicks)

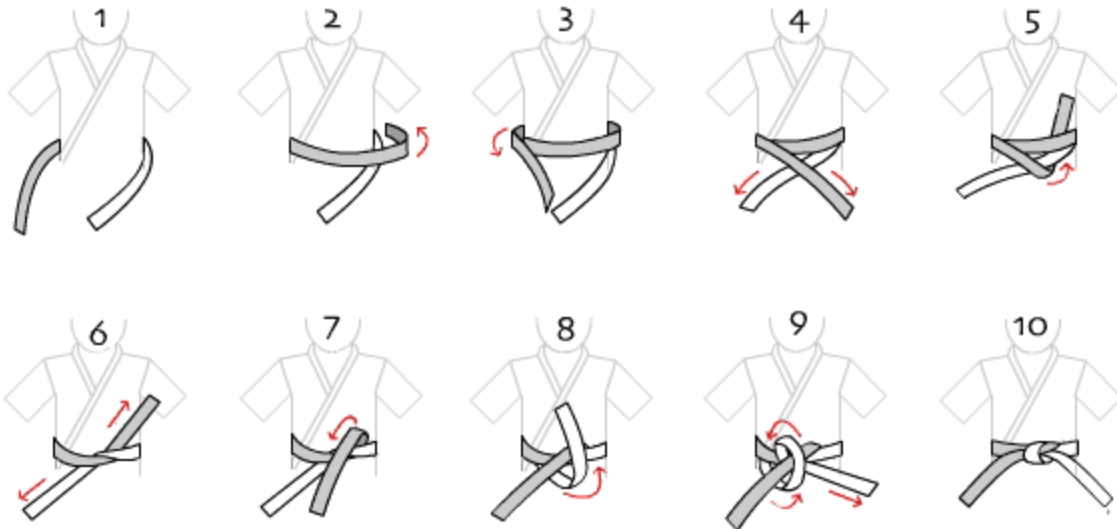
Gyorugy Jazae	Fighting Stance
Podo Oligui	Rising Kick
Ap Chaggie	Front Kick
Pique Chaggie	Roundhouse Kick
Yop Chaggie	Side Kick
Bacat Chaggie	Outside Crescent Kick
An Chaggie	Inside Crescent Kick
Tchigo Chaggie	Axe Kick
Dolio Chaggie	High Roundhouse Kick
Mido Chaggie	Push Kick
Ti Chaggie	Back Kick
Ti Dolio Chaggie	Spinning Hook Kick
Timio Ti Chaggie	Jumping Back Kick
Timio Ti Dolio Chaggie	Jumping Spinning Hook Kick
Naraban Chaggie	Butterfly Kick

Kibon Don Jak (Basic stances and hand techniques)

Narani	Shoulder Stance	Waysantul Makki	Mountain Block
Apkubi	Front Stance	Tuc Chiggie	Chin Strike/Upper Cut
Arae Makki	Low Block	Absogi	Walking Stance
Monton Thirugui	Middle Punch	Jebipoom Hansonal Moc Chiggie	Knife Hand Neck Strike
Orgule Makki	Face Block	Tui Kubi	Back Stance
Pyonsoncut Seuo Thirugie	Middle Target Spear Finger Strike	Sonal Godolo Makki	Double Knife Hand Middle Block
Jebipoom Moc Chiggie	Palm Rising Block with Neck Strike	Hansonal Monton Makki	Single Knife Hand Middle Block
Dung Jumoc Ap Chiggie	Front Back Fist Strike	Bacant Palmoc Makki	Outer Arm Middle Block
Palgub Dolio Chiggie	Elbow Strike	An Palmoc Makki	Inner Arm Middle Block
Palgub Chiggie	Elbow Strike to Palm	Sonal Arae Makki	Double Knife Hand Low Block
Hansonal Bitro Makki	Single Knife Hand Twist Block	Godolo Bacat Makki	Double Arm Outer Block
Orgule Bacat Makki	High Outer Block	Godolo Bacat Arae Makki	Double Arm Outer Low Block
Batanson Monton Makki	Palm Middle Block	Boomsogi	Tiger Stance
Kawe Makki	Scissor Block	Bantanson Monton Makki	Palm Middle Block
Hecho Makki	Spread Block	Monton Makki	Middle Block
Utgoro Makki	Low "X" Block	Dung Jucmoc Ap Chiggie	Front Back Fist Strike

10th Gup	White Belt	Purity — No knowledge of Taekwondo
9th Gup	Yellow Belt	Sunrise — Opening to receive new knowledge
8th Gup	Orange Belt	Sunset — Promise of a better tomorrow
7th Gup	Green Belt	Plant — Growth
6th Gup	Purple Belt	Power — The royal color of majesty
5th Gup	Blue Belt	Sky — Unlimited boundaries
4th Gup	Red Belt	Fire — Caution
3rd Gup	High Red Belt	Volcano — Fire creating Earth
2nd Gup	Brown Belt	Earth — Solid like mountains
1st Gup	High Brown Belt	Maturity — Ready to face responsibility
1st Dan	Black Belt	Completion of a life cycle and beginning of new life

How to Tie a Belt



Minimum Time Required to Test

Kim & Cam's Taekwondo Academy

The table below shows the minimum amount of time and number of classes required to be eligible to test. This applies to all students unless they are enrolled in a private lesson program or receive permission from Master Cam.

Current Belt Color	Time	Classes
White to Yellow	Not Specified	Not Specified
Yellow to Orange	2 months	20 classes
Orange to Green	2 months	20 classes
Green to Purple	3 months	30 classes
Purple to Blue	3 months	30 classes
Blue to Red	4 months	40 classes
Red to High Red	4 months	40 classes
High Red to Brown	4 months	50 classes
Brown to High Brown	5 months	50 classes
High Brown to Black	6 months	Not Specified

The table below shows the minimum amount of time and number of classes required to be eligible to test for **TKD TIGERS ONLY!** Ages 4-7 have a modified curriculum to break things into more manageable pieces for their age group.

Current Belt Color	Time	Classes
White to Yellow	Not Specified	Not Specified
Yellow to High Yellow	1 month	15 classes
High Yellow to Orange	2 months	20 classes
Orange to High Orange	1 month	15 classes
High Orange to Green	2 months	20 classes
Green to High Green	2 months	20 classes
High Green to Purple	2 months	20 classes
Purple to High Purple	2 months	20 classes
High Purple to Blue	2 months	20 classes
Blue to High Blue	2 months	20 classes
High Blue to Red	3 months	30 classes

Students will earn stripes towards their next belt. Stripes prove to be a good way to help our students set intermediate goals and understand that one cannot always jump immediately to “the big prize.” Many times it is important to set smaller goals along the way to achieving a larger goal. The stripe system also helps students understand what they need to know and what a reasonable amount of time is to learn and develop an intimate understanding of their curriculum. Students of all belt colors from white to brown will need to earn five stripes of their next color belt in order to test for their next rank.

In addition to the five colored stripes, students will need to earn white stripes. White stripes are earned based on merit. Students can earn white stripes for a variety of behaviors including, but not limited to, working hard, exceptional discipline and respect, or setting a positive example outside of the Dojang. All students need to earn at least two white stripes to test.

The next page shows a rough outline of what students need to earn each stripe. Master Cam consistently makes adjustments to better suit the needs of students. Instructors retain the right to promote students more quickly or slowly than described below based on a variety of factors including behavior, effort, skill level, and private lessons. It is important to understand each student is unique and starts Taekwondo with a very different skill set. I have a base standard that all students must attain in order to move up in rank, however I have different expectations for each of my students. For example if a student with limitations or a certain disability begins Taekwondo and a high functioning, athletic student begins Taekwondo I will not expect the same level of performance from both members. Each student, no matter their age, is improving on an individual scale.

KCTKD is all about personal achievement and development, not comparing one person to another. I do expect each of my students to give 100% of their Effort at all times and constantly strive to be better Martial Artists and better people. I will push each of my students to be the best THEY can be, not the best their friends can be. Belt status is not a competition, rather a symbol of each student's personal development.

There are a few major requirements to move up from one belt to the next.

1. **Time** - There is a minimum amount of time each student needs between belts (this is outlined on Page 13 of the student manual).
2. **Number of Classes** - There is a minimum number of classes each student needs between belts (this is outlined on Page 13 of the student manual).
3. **Taekwondo Skills** (colored, technique stripes) - A certain level of martial arts proficiency needs to be attained to earn each colored stripe. Students need four colored curriculum stripes and one black self-defense to be ready to move to the next belt.
4. **Displaying the tenets inside and outside Taekwondo** (white character stripes) - A minimum of 2 character stripes must be attained to be ready for belt advancement.
5. **Proficiency in Academics** - Students must strive to do their best in school.

Color Belt Stripe System:

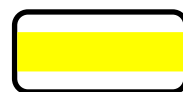
Belt Color	1st Stripe	2nd Stripe	3rd Stripe	4th Stripe	5th Stripe (Black)
	Requirements	Requirements	Requirements	Requirements	Requirements
White	Kicks	1/2 Form	Hand techniques	Full Form, kicks, hand techniques	Self-Defense
Yellow	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques	Self-Defense
Orange	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques	Self-Defense
Green	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques, Falling	Self-Defense
Purple	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques, Rolls	Self-Defense
Blue	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques, Sparring	Self-Defense
Red	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques, 1-step Sparring	Self-Defense
High Red	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques, 1-step Sparring	Self-Defense
Brown	1/4 Form	Kicking technique, hand technique, 1/2 Form	Full Form, Improving Kicking/Hand techniques	Full Form, kicks, hand techniques, 1-step Sparring, Nunchucks	Self-Defense

1st Dan Black Belt Patch System:

Patch Number	Requirement	
	Time Since Black Belt Test	Form
1	2 months	Koryo
2	4 months	Tosan
3	6 months	Won Yo
4	8 months	Yul Gok
5	10 months	Joon Gun
6	12 months	Taegeuk 1-5
7	14 months	Taegeuk 6-8, Chonji, Dangun

**TKD Tots (Age 3-5)****WHITE BELT**

(Testing White to Yellow Stripe)

**Physical Requirements****A) Kicks**

1. Rising kick
2. Front kick

B) Hand Techniques

4. Middle punch
2. High block

C) Stances

3. Fighting stance
4. Horse riding stance

D) Form

1. Yellow Stripe Form-high block, punch

Mental Requirements**A) Count from 1 to 5 in Korean**

1. One – Hana
2. Two – Dule
3. Three – Set

B) Know First Tenet and Meaning

1. Courtesy

**TKD Tots (Age 3-5)****YELLOW STRIPE**

(Testing Yellow Stripe to Green Stripe)

**Physical Requirements****A) Kicks**

1. Roundhouse kick
2. Rising kick
3. Front kick

B) Hand Techniques

1. Middle block
2. High block
3. Middle punch

C) Stances

1. Front Stance
2. Fighting Stance
3. Horse riding Stance

D) Form

1. Green Stripe Form-middle block, punch

Mental Requirements**A) Count from 1 to 5 in Korean**

1. One – Hana
2. Two – Dule
3. Three – Set
4. Four – Net
5. Five – Dasot

B) Know First Two Tenets and Meaning

1. Courtesy
2. Integrity

**TKD Tots (Age 3-5)
GREEN STRIPE**

(Testing Green Stripe to Blue Stripe)

**Physical Requirements****A) Kicks**

1. Roundhouse kick
2. Rising kick
3. Front kick
4. Push kick

B) Hand Techniques

1. Middle block
2. High block
3. Middle punch
4. Low block

C) Stances

1. Front Stance
2. Fighting Stance
3. Horse riding Stance
4. Duck
5. Jump

D) Form

1. Blue Stripe Form-low block, front kick, punch

Mental Requirements**A) Count from 1 to 5 in Korean**

1. One – Hana
2. Two – Dule
3. Three – Set
4. Four – Net
5. Five – Dasot

B) Know First Three Tenets and Meaning

1. Courtesy
2. Integrity
3. Perseverance

**TKD Tots (Age 3-5)
BLUE STRIPE**

(Testing Blue Stripe to Red Stripe)

**Physical Requirements****A) Kicks**

1. All previous kicks
2. Combo—front kick, roundhouse kick, side kick, rising kick (both sides)

B) Hand Techniques

1. All previous hand techniques
2. Palm heel strike

C) Stances

1. All previous stances

D) Form

1. Red Stripe Form— half of full white belt form

Mental Requirements**A) Count from 1 to 5 in Korean**

1. One – Hana
2. Two – Dule
3. Three – Set
4. Four – Net
5. Five – Dasot

B) Know First Four Tenets and Meaning

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit

**TKD Tigers (Age 5-7)****WHITE BELT**

(Testing White to Yellow)

**Physical Requirements****A) Kicks**

1. Rising kick
2. Front kick
3. Roundhouse kick
4. Push kick

B) Hand Techniques

1. High block
2. Middle block
3. Low block
4. Middle punch

C) Form

1. TKD Tiger Oren Saju Chedegi
(4 punches & 4 blocks)

D) Stances

1. Attention stance
2. Ready stance
3. Fighting stance
4. Horse riding stance
5. Front stance
6. Listening stance

E) Board Breaking

1. Push kick

Mental Requirements**A) Count from 1 to 5 in Korean**

1. One – Hana
2. Two – Dule
3. Three – Set
4. Four – Net
5. Five – Dasot

B) Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit
5. Self-control

C) Phone Number

1. Home phone number or parents' cell phone number(s)

Self-Defense**A) Straight arm wrist grab**



TKD Tigers (Age 5-7)

YELLOW BELT

(Testing Yellow to High Yellow)



Physical Requirements

- | | |
|---|---|
| <p>A) Kicks</p> <ol style="list-style-type: none">1. High roundhouse kick2. Inside crescent kick3. Axe Kick4. All previous kicks <p>B) Hand Techniques</p> <ol style="list-style-type: none">1. High punch2. All previous hand techniques | <p>C) Stances</p> <ol style="list-style-type: none">1. All previous stances <p>D) Form</p> <ol style="list-style-type: none">1. Il Jang (first half) <p>E) Board Breaking</p> <ol style="list-style-type: none">1. Palm heel strike |
|---|---|

Mental Requirements

- A) Why do you Bow?
1. To show respect. SIR/MA'AM!
- B) When do you Bow?
1. We bow when we enter and exit the school
 2. We bow to the flags when we enter and exit the Dojang
 3. We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them
- C) Know and show right and left
- D) Know what part of the foot is used to strike for each kick
1. (See previous)

Self-Defense

- A) Palm Heel Strike to Nose



TKD Tigers (Age 5-7)
HIGH YELLOW BELT

(Testing High Yellow to Orange)



Physical Requirements

- A) Kicks
 - 1. Axe kick
 - 2. High roundhouse kick
 - 3. Inside crescent kick
 - 4. Outside crescent kick
 - 5. All previous kicks
 - 6. Jumping front kick
- B) Hand Techniques
 - 1. Middle punch
 - 2. Middle block
 - 3. Low punch
 - 4. All previous hand techniques
- C) Stances
 - 1. Walking stance
 - 2. All previous stances
- D) Form
 - 1. Taegeuk Il Jang (full)
- E) Board Break
 - 1. Axe kick

Self-Defense

- A) Cross arm grab



TKD Tigers (Age 5-7)
HIGH YELLOW BELT

(Testing High Yellow to Orange)



Mental Requirements

- B) Why do we Kihap (yell) in Taekwondo
1. To develop spiritual strength with concentration, power, and confidence. “Sir/Ma’am”!
- C) Why do you belt test?
1. To demonstrate our knowledge and preparation of Taekwondo. To gain confidence by performing under pressure and to let a qualified judge determine the stage of our knowledge. “Sir/Ma’am”!
- D) What is the meaning of the Yellow belt?
1. The yellow signifies sunrise—opening to receive new knowledge. “Sir/Ma’am”!
- E) What is the meaning of Taegeuk Il Jang?
1. The first Taegeuk form signifies heaven and light. “Sir/Ma’am”!
- F) Count from 6 to 10 in Korean.
1. Six — Yosot
 2. Seven — Il gob
 3. Eight — Yo dul
 4. Nine — Ahop
 5. Ten — Yul
- G) Know what part of the foot is used to strike for each kick.
1. Axe kick — Back of the heel
 2. High roundhouse kick — Instep
 3. Inside crescent kick — Inside edge of the foot
 4. Outside crescent kick — Outside edge of the foot
- H) Be able to identify, define, and answer questions about the current life skill concept.



TKD Tigers (Age 5-7)

ORANGE BELT

(Testing Orange to High Orange)



Physical Requirements

- | | |
|---------------------------------|---------------------------------|
| A) Kicks | C) Stances |
| 1. Cut kick | 1. All previous stances |
| 2. Fast kick | |
| 3. All previous kicks | D) Form |
| | 1. Taegeuk Yi Jang (first half) |
| B) Hand Techniques | E) Board Breaking |
| 1. Outer block | 1. Elbow strike |
| 2. All previous hand techniques | |

Self-Defense

- A) Elbow Strike

Mental Requirements

- A) Why do you bow?
1. To show respect. SIR/MA'AM!
- B) When do you Bow?
1. We bow when we enter and exit the school
 2. We bow to the flags when we enter and exit the Dojang
 3. We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them
- C) Know and show right and left
- D) Know what part of the foot is used to strike for each kick
1. Push kick —Bottom of heel



TKD Tigers (Age 5-7)

HIGH ORANGE BELT



(Testing High Orange to Green)

Physical Requirements

- | | |
|---------------------------------|---------------------------|
| A) Kicks | C) Stances |
| 1. Back leg side kick | 1. All previous stances |
| 2. All previous kicks | |
| B) Hand Techniques | D) Form |
| 1. Outer block, Punch Combo | 1. Taegeuk Yi Jang (full) |
| 2. All previous hand techniques | E) Board Breaking |
| | 1. Cut kick |

Self-Defense

- A) Escape from Two Handed Grab

Mental Requirements

- A) What is the meaning of the Orange belt?
1. The orange belt signifies sunset — promise of more opportunities tomorrow. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Yi Jang?
1. The second Taegeuk form signifies joy. “Sir/Ma’am”!
- C) Know what part of the foot is used to strike for each kick
1. Back kick — Bottom of heel
- D) What are the four physical components of power?
1. Follow-through
 2. Accuracy
 3. Speed
 4. Technique
- E) Count to 20 in Korean
1. Twenty — Sumul
- F) Be able to identify, define, and answer questions about the current life skill concept

**TKD Tigers (Age 5-7)****GREEN BELT**

(Testing Green to High Green)

**Physical Requirements**

- | | |
|---|---|
| <p>A) Kicks</p> <ol style="list-style-type: none">1. Butterfly kick2. All previous kicks <p>B) Hand Techniques</p> <ol style="list-style-type: none">1. Elbow strike2. Knife hand neck strike3. Single middle knife hand block4. All previous hand techniques | <p>C) Stances</p> <ol style="list-style-type: none">1. All previous stances <p>D) Form</p> <ol style="list-style-type: none">1. Taegeuk Sam Jang (first half) <p>E) Board Breaking</p> <ol style="list-style-type: none">1. Hammer Fist |
|---|---|

Mental Requirements

- A) Why do you yell in Taekwondo?
1. To show power, focus, and confidence. SIR/MA'AM!
- B) Taekwondo Oath
1. I will observe the Tenets of Taekwondo
 2. I will respect my instructors and seniors
 3. I will never misuse Taekwondo
 4. I will help build a more peaceful world
 5. I will be a champion of freedom and justice
- C) Know what part of the foot is used to strike for each kick
1. Spinning hook kick — Back of the heel
 2. Jumping front kick — Ball of foot
- D) Count to 30 in Korean
1. Thirty — Sarun

Self-Defense

- A) Hammer fist



TKD Tigers (Age 5-7)

HIGH GREEN BELT



(Testing High Green to Purple)

Physical Requirements

- | | |
|---|---|
| A) Kicks <ul style="list-style-type: none">1. Jumping side kick2. Hook kick3. All previous kicks | C) Stances <ul style="list-style-type: none">1. All previous stances D) Form <ul style="list-style-type: none">1. Taegeuk Sam Jang (full) |
| B) Hand Techniques <ul style="list-style-type: none">1. All previous hand techniques | E) Board Breaking <ul style="list-style-type: none">1. Jumping side kick |

Self-Defense

- A) Escape from single collar grab/choke**

Mental Requirements

- A) What is the meaning of the Green belt?**
 - 1. The green belt represents the green color of plants and signifies growth. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Sam Jang?**
 - 1. The third Taegeuk form signifies fire and clarity. “Sir/Ma’am”!
- C) What does cooperation mean?**
 - 1. Working together as a team. “Sir/Ma’am”!
- D) How do you use cooperation in the following settings:**
 - 1. At home?
 - 2. At school/work?
 - 3. At Taekwondo?
- E) What are the four mental components of power?**
 - 1. Focus
 - 2. Desire
 - 3. Visualization
 - 4. Confidence
- F) Know what part of the foot is used to strike for each kick**
 - 1. Butterfly kick — Instep
- G) Know how to tie your belt correctly and be able to demonstrate tying the belt at the testing.**
- H) Be able to identify, define, and answer questions about the current life skill concept**

**TKD Tigers (Age 5-7)****PURPLE BELT**

(Testing Purple to High Purple)

**Physical Requirements**

- | | |
|--|--|
| <p>A) Kicks</p> <ol style="list-style-type: none">1. Fast kick double roundhouse kick2. Double roundhouse kick3. All previous kicks <p>B) Hand Techniques</p> <ol style="list-style-type: none">1. Double middle knife hand block2. Knife hand rising block3. All previous hand techniques | <p>C) Stances</p> <ol style="list-style-type: none">1. Back stance2. All previous stances <p>D) Form</p> <ol style="list-style-type: none">1. Taegeuk Sa Jang (first half) <p>E) Rolling</p> <ol style="list-style-type: none">1. Forward shoulder roll from knees <p>F) Board Breaking</p> <ol style="list-style-type: none">1. Reverse Elbow Strike |
|--|--|

Mental Requirements

- A) Home Rules
1. Be respectful to your parents, brothers, sisters, and pets
 2. Keep your room clean
 3. Put toys away after playing with them
 4. Work hard in school
- B) Know how to tie your belt
- C) What are the rules of the Dojang?
1. See Introduction section of the manual, page 8.
- D) Know what part of the foot is used to strike for each kick
1. Cut kick — bottom of foot
 2. Fast kick — top of the foot

Self-Defense

- A) Reverse Elbow Strike



TKD Tigers (Age 5-7)

HIGH PURPLE BELT

(Testing High Purple to Blue)



Physical Requirements

A) Kicks

1. Fast kick double roundhouse kick
2. Back kick
3. Spinning hook kick
4. All previous kicks

B) Hand Techniques

1. Spear hand strike
2. Front back fist strike
3. Outer block
4. All previous hand techniques

C) Stances

1. Back stance
2. All previous stances

D) Form

1. Taegeuk Sa Jang (full)

E) Rolling

1. Forward shoulder roll from knees
2. Backward shoulder roll from knees

F) Board Breaking

1. Back kick

Self-Defense

A) Hair/shoulder/collar grab from front

B) Hair/shoulder/collar grab from back

Mental Requirements

A) What is the meaning of the Purple belt?

1. The Purple belt represents power, the royal color of majesty. "Sir/Ma'am"!

B) What is the meaning of Taegeuk Sa Jang?

1. The fourth Taegeuk form signifies thunder. "Sir/Ma'am"!

C) Count from 20 to 40 in Korean.

1. Twenty — Samul
2. Thirty — Sarun
3. Forty — Mahun

D) What are the three rules of concentration

1. Focus your eyes
2. Focus your mind
3. Focus your body

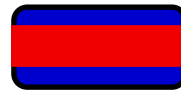
E) Know what part of the foot is used to strike for each kick.

1. Skipping front leg double roundhouse kick — Instep

F) Be able to identify, define, and answer questions about the current life skill concept

**TKD Tigers (Age 5-7)****BLUE BELT**

(Testing Blue to High Blue)

**Physical Requirements**

- | | |
|---------------------------------|------------------------------------|
| A) Kicks | D) Stances |
| 1. Jumping back kick | 1. Left and Right “L” stance |
| 2. All previous kicks | 2. All previous stances |
| B) Hand Techniques | E) Falling |
| 1. Hammer fist strike | 1. Falling backwards from standing |
| 2. Elbow strike | F) Board Breaking |
| 3. Back fist strike | 1. Knee Strike |
| 4. All previous hand techniques | |
| C) Form | |
| 1. Taegeuk Oh Jang (first half) | |

Mental Requirements

- A) What is the meaning of the Blue belt?
 - 1. The Blue belt represents the sky and the unlimited boundaries of Taekwondo. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Oh Jang?
 - 1. The fifth Taegeuk form signifies wind. “Sir/Ma’am”!
- C) Why is it important to get good grades in school?
 - 1. To develop good self-discipline
 - 2. To develop good work habits
 - 3. Provide opportunities to better my future

Self-Defense

- A) Knee Strike



TKD Tigers (Age 5-7)

HIGH BLUE BELT

(Testing High Blue to Red)



Physical Requirements

- | | |
|--|--|
| <p>A) Kicks</p> <ol style="list-style-type: none">1. Low-high double roundhouse kick2. Jumping back kick3. All previous kicks <p>B) Hand Techniques</p> <ol style="list-style-type: none">1. Left elbow strike to right palm2. Right elbow strike to left palm3. All previous hand techniques <p>C) Form</p> <ol style="list-style-type: none">1. Taegeuk Oh Jang (full) | <p>D) Stances</p> <ol style="list-style-type: none">1. Axe Stance2. All previous stances <p>E) Falling</p> <ol style="list-style-type: none">1. Falling backwards from standing <p>F) Board Breaking</p> <ol style="list-style-type: none">1. Jumping back kick |
|--|--|

Self-Defense

- A) Escape from a headlock from behind

Mental Requirements

- A) Count from 1st to 10th.
- | | |
|----------|------|
| 1. 1st | Il |
| 2. 2nd | Yi |
| 3. 3rd | Sam |
| 4. 4th | Sa |
| 5. 5th | Oh |
| 6. 6th | Yuk |
| 7. 7th | Chil |
| 8. 8th | Pal |
| 9. 9th | Goo |
| 10. 10th | Ship |
- B) Know what part of the foot is used to strike for each kick.
1. Low/high double roundhouse kick — Instep
 2. Jumping back kick — Bottom of the heel
 3. Jumping spinning hook kick — Back of the heel
- C) Be able to identify, define, and answer questions about the current life skill concept



WHITE BELT

(Testing White to Yellow)



Physical Requirements

A) Kicks

1. Rising kick
2. Front kick
3. Roundhouse kick
4. Push kick

B) Hand Techniques

1. High block
2. Middle block
3. Low block
4. Middle punch

C) Stances

1. Attention stance
2. Ready stance
3. Fighting stance
4. Horse riding stance
5. Front stance
6. Listening stance

D) Form

1. Oren Saju Chedegi

E) Self-Defense

The theme for the white belt self-defense is understanding the “Rule of Thumb”. The thumb is the weakest part of a grip and, therefore, the best place to try and escape.

1. Straight arm grab (right on left/left on right)
 - Circle towards the middle of your body and escape through the thumb
2. Cross hand grab (right on right/left on left)
 - Circle towards the outside of the body and escape through the thumb



WHITE BELT

(Testing White to Yellow)



Mental Requirements

- A) What is Taekwondo?
1. Taekwondo is a Korean martial art, which originated about 2000 years ago. “Tae” means techniques of the foot — kicking and jumping. “Kwon” means the techniques of the hand — punches, strikes, and blocks. “Do” means the art and manner of life. “Sir/Ma’am”!
- B) What is the Bow?
1. An oriental form of greeting and a symbol of respect. “Sir/Ma’am”!
- C) Why do you Bow?
1. We bow to show respect. “Sir/Ma’am”!
- D) When do you Bow?
1. When we enter/exit the school
 2. When we enter/exit the Dojang
 3. We bow to the Masters
 4. We bow to the Instructors
 5. We bow to all other black belts and our fellow students
- E) What is the meaning of the white belt?
1. The white belt signifies purity, no knowledge of Taekwondo. “Sir/Ma’am”!
- F) Count from 1 to 5 in Korean
1. One — Hana
 2. Two — Dule
 3. Three — Set
 4. Four — Net
 5. Five — Dasot
- G) Tenets of Taekwondo and their meanings
1. Courtesy — Be nice to others and treat them with respect
 2. Integrity — Do not lie and treat others fairly
 3. Perseverance — Never give up
 4. Indomitable Spirit — Keep a positive attitude
 5. Self-control — Control your thoughts, words, and actions
- H) Know what part of the foot is used to strike for each kick
1. Rising kick — Back of the heel
 2. Front snap kick — Ball
 3. Roundhouse kick — Instep (top)
 4. Side kick — Bottom of the heel
- I) Be able to identify, define, and answer questions about the current life skill concept. (Children only)



YELLOW BELT

(Testing Yellow to Orange)



Physical Requirements

A) Kicks

1. Axe kick
2. High roundhouse kick
3. Inside crescent kick
4. Outside crescent kick
5. Jumping front kick
6. All previous kicks

B) Hand Techniques

1. Middle punch
2. Middle block
3. Low punch
4. Jab/Cross
5. Palm Heel Strike
6. All previous hand techniques

C) Stances

1. Walking stance
2. All previous stances

D) Form

1. Taegeuk Il Jang
2. Last form (Oren Saju Chedegi)

E) Self-defense

The theme for the yellow belt self-defense is how to escape and counter from single hand wrist grabs.

1. Straight arm grab (right on left/left on right)
 - i) On the hand that is being grabbed, turn the hand so the palm is facing up. Reach underneath with the free hand, grab the attacker's hand and pull down. Rotate the hand that was being grabbed to the back of the attacker's hand. With both hands, rotate the attacker's wrist to the outside of your body while pushing the hand towards him/her. If done correctly, the wrist can be broken.
 - ii) Rotate the hand that is being grabbed towards the outside. At the top of the rotation (by your head) grab the back of the attacker's hand with your free hand. Step in placing the elbow on top of the attacker's arm and press down. When done correctly, you can break the wrist, elbow, or shoulder, depending on where you apply pressure.
2. Cross hand grab (right on right/ left on left)
 - i) Rotate the hand that is being grabbed from inside to outside grabbing the attacker's wrist. With the free hand, press down on the shoulder of the attacker (the arm he/she is grabbing with) while lifting up the wrist. When done correctly, you can break the wrist, elbow, or shoulder depending on where you apply pressure.



YELLOW BELT

(Testing Yellow to Orange)



Mental Requirements

- A) What is the Taekwondo Oath?
1. I will observe the Tenets of Taekwondo
 2. I will respect my instructors and seniors
 3. I will never misuse Taekwondo
 4. I will help build a more peaceful world
 5. I will be a champion of freedom and justice
- B) Why do we Kihap (yell) in Taekwondo
1. To develop spiritual strength with concentration, power, and confidence. “Sir/Ma’am”!
- C) Why do you belt test?
1. To demonstrate our knowledge and preparation of Taekwondo. To gain confidence by performing under pressure and to let a qualified judge determine the stage of our knowledge. “Sir/Ma’am”!
- D) What is the meaning of the Yellow belt?
1. The yellow signifies sunrise—opening to receive new knowledge. “Sir/Ma’am”!
- E) What is the meaning of Taegeuk Il Jang?
1. The first Taegeuk form signifies heaven and light. “Sir/Ma’am”!
- F) Count from 6 to 10 in Korean.
1. Six — Yosot
 2. Seven — Il gob
 3. Eight — Yo dul
 4. Nine — Ahop
 5. Ten — Yul
- G) Know what part of the foot is used to strike for each kick.
1. Axe kick — Back of the heel
 2. High roundhouse kick — Instep
 3. Inside crescent kick — Inside edge of the foot
 4. Outside crescent kick — Outside edge of the foot
- H) What are the rules of the Dojang?
1. See introduction section of the manual, page 8.
- I) Be able to identify, define, and answer questions about the current life skill concept. (Children only)
- J) All previous mental requirements.

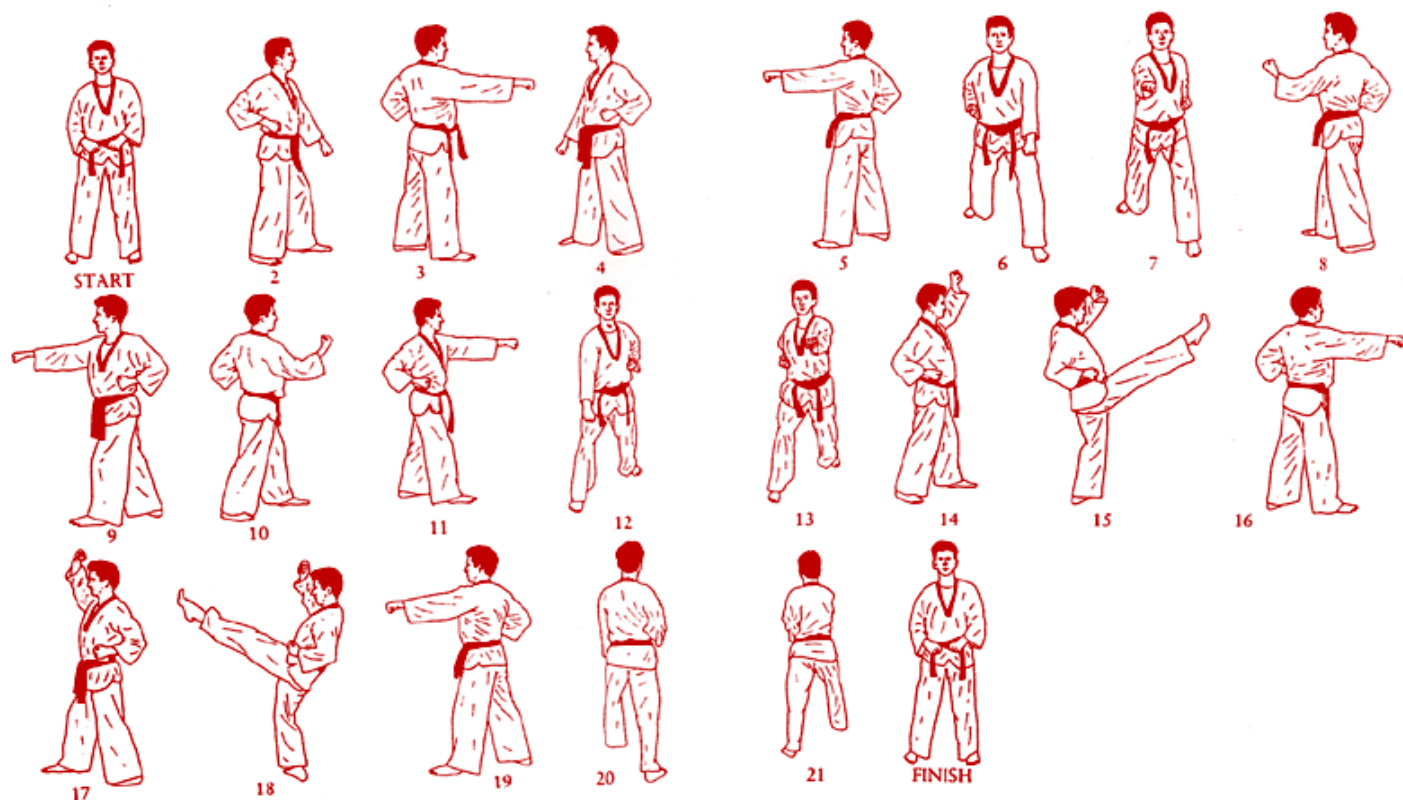


YELLOW BELT

(Testing Yellow to Orange)



Taegeuk Il Jang



<https://www.youtube.com/watch?v=EsHoF3xKpBs>



ORANGE BELT

(Testing Orange to Green)



Physical Requirements

A) Kicks

1. Cut kick
2. Back kick
3. Fast kick
4. Back leg side kick
5. Jumping side kick
6. All previous kicks

B) Hand Techniques

1. High punch
2. Outer Block
3. Elbow strike
4. All previous hand techniques

C) Stances

1. All previous stances

D) Form

1. Taegeuk Yi Jang
2. Last form (Il Jang)
3. All previous forms (Adults only)

E) Board Breaking

1. Cut kick

G) Self-Defense

The theme for the orange belt self-defense is how to escape and counter from double hand wrist grabs

1. Two hands on one
 - i) Reach in-between the attacker's arms and grab your own hand. Lift your elbow (of the arm that's being grabbed) towards the attacker's chin.
 - ii) With your free hand, reach across and grab your own hand. Quickly make a small circle towards the middle of your body cutting across the attacker's wrists.
2. Two hands
 - i) Following the Rule of Thumb, rotate both hands towards the inside and escape through the thumb.
 - ii) Bring both arms up to your chest and use your elbow to strike the attacker's arms.
3. Self Defense Step (Directional Step)
4. Elbow Strike



ORANGE BELT

(Testing Orange to Green)



Mental Requirements

- A) What is the meaning of the Orange belt?
 - 1. The orange belt signifies sunset — promise of more opportunities tomorrow. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Yi Jang?
 - 1. The second Taegeuk form signifies joy. “Sir/Ma’am”!
- C) Count 11 to 20 in Korean
 - 1. Eleven — Yul hana
 - 2. Twelve — Yul dule
 - 3. Thirteen — Yul set
 - 4. Fourteen — Yul net
 - 5. Fifteen — Yul dasot
 - 6. Sixteen — Yul yoset
 - 7. Seventeen — Yul il gob
 - 8. Eighteen — Yul yo dul
 - 9. Nineteen — Yul a hop
 - 10. Twenty — Sumul
- D) What are the commandments of Taekwondo?
 - 1. Respect your parents
 - 2. Respect your brothers and sisters
 - 3. Be loyal to your friends
 - 4. Respect your elders
 - 5. Respect your teachers
 - 6. Finish what you begin
- E) What are the four physical components of power?
 - 1. Follow-through
 - 2. Accuracy
 - 3. Speed
 - 4. Technique
- F) Know what part of the foot is used to strike for each kick.
 - 1. Push kick — Bottom of the heel
 - 2. Back kick — Bottom of the heel
 - 3. Jumping front kick — Ball of the foot
 - 4. Jumping side kick — Bottom of the heel
- G) Be able to identify, define, and answer questions about the current life skill concept (Children only)
- H) All previous mental requirements.

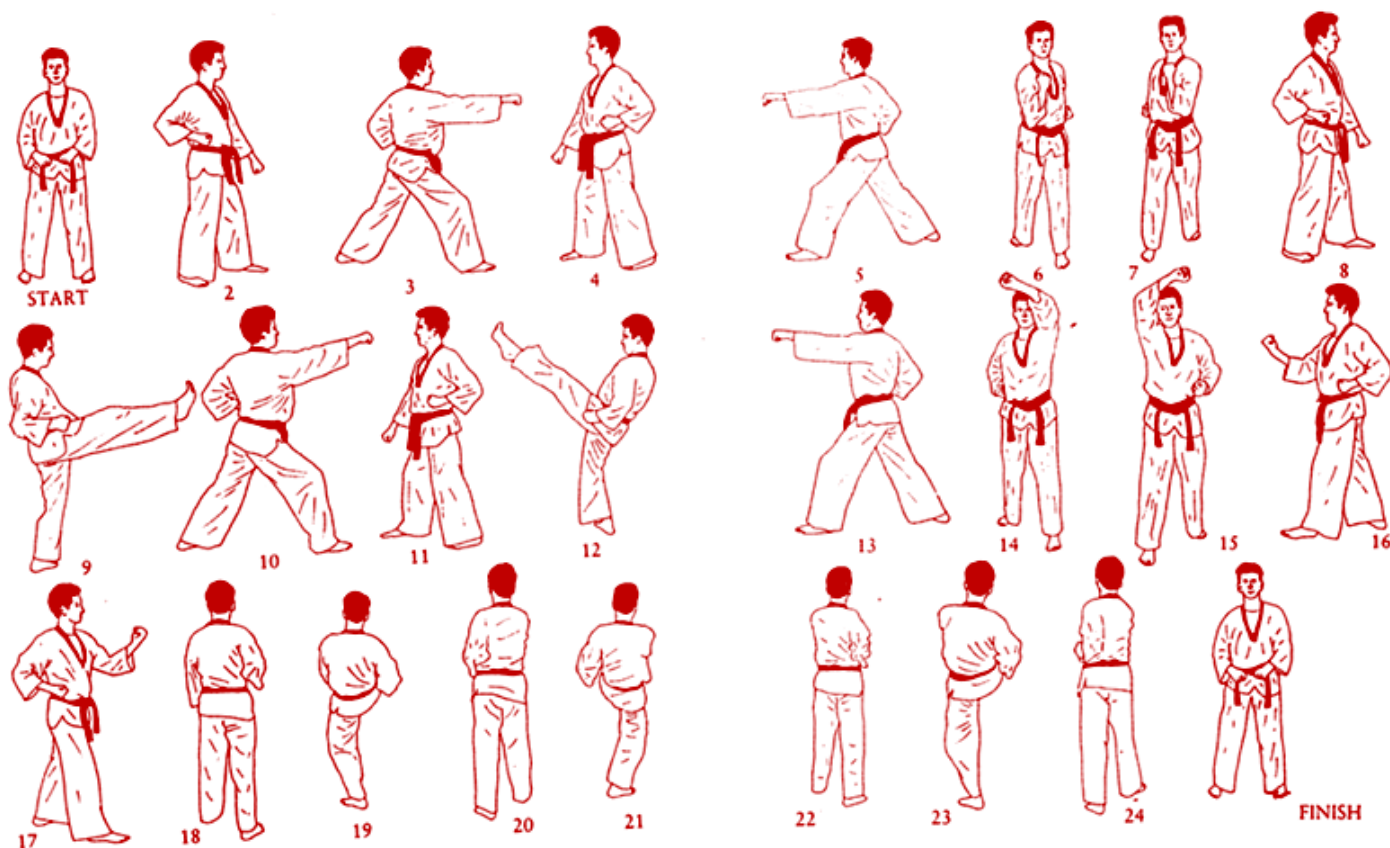


ORANGE BELT

(Testing Orange to Green)



Taegeuk Yi Jang



<https://www.youtube.com/watch?v=6eqm3ALrLG4>



GREEN BELT

(Testing Green to Purple)



Physical Requirements

A) Kicks

1. Double roundhouse
2. Butterfly kick
3. Hook kick
4. All previous kicks

B) Hand Techniques

1. Knife hand neck strike
2. Single middle knife hand block
3. Hammer Fist
4. All previous hand techniques

C) Stances

1. Back stance
2. All previous stances

D) Form

1. Taegeuk Sam Jang
2. Last form (Yi Jang)
3. All previous forms (Adults Only)

E) Board Breaking

1. Jumping side kick

F) Rolls

1. Shoulder roll from squat

G) Self-Defense

The theme for the Green belt self-defense is how to escape and counter from collar grabs.

1. Single hand collar grab

- i) Reach across and grab the back of the attacker's hand. Rotate so the attacker's thumb is down. With the other hand, bend the attacker's elbow. Rotate the attacker's hand so his/her pinky rotates towards his/her face while taking one step forward.
- ii) Grab the attacker's arm as if you are shaking hands with his/her elbow. Walk under your arm and turn to the attacker's back creating an arm lock.

2. Double hand collar grab/Double handed choke

- i) Put one arm straight in the air. Other arm on attacker's hand.
- ii) Bring elbow down across attacker's wrists while bending knees and dropping weight. Follow through with an elbow strike to the face.

3. Hammer fist



GREEN BELT

(Testing Green to Purple)



Mental Requirements

- A) What is the meaning of the Green belt?
 - 1. The green belt represents the green color of plants and signifies growth. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Sam Jang?
 - 1. The third Taegeuk form signifies fire and clarity. “Sir/Ma’am”!
- C) What does cooperation mean?
 - 1. Working together as a team. “Sir/Ma’am”!
- D) How do you use cooperation in the following settings:
 - 1. At home?
 - 2. At school/work?
 - 3. At Taekwondo?
- E) What are the four mental components of power?
 - 1. Focus
 - 2. Desire
 - 3. Visualization
 - 4. Confidence
- F) Know what part of the foot is used to strike for each kick
 - 1. Butterfly kick — Instep
 - 2. Double roundhouse kick — Instep
 - 3. Spinning hook kick — Heel
- G) Know how to tie your belt correctly and be able to demonstrate tying the belt at the testing.
- H) Be able to identify, define, and answer questions about the current life skill concept (Children only)
- I) All previous mental requirements



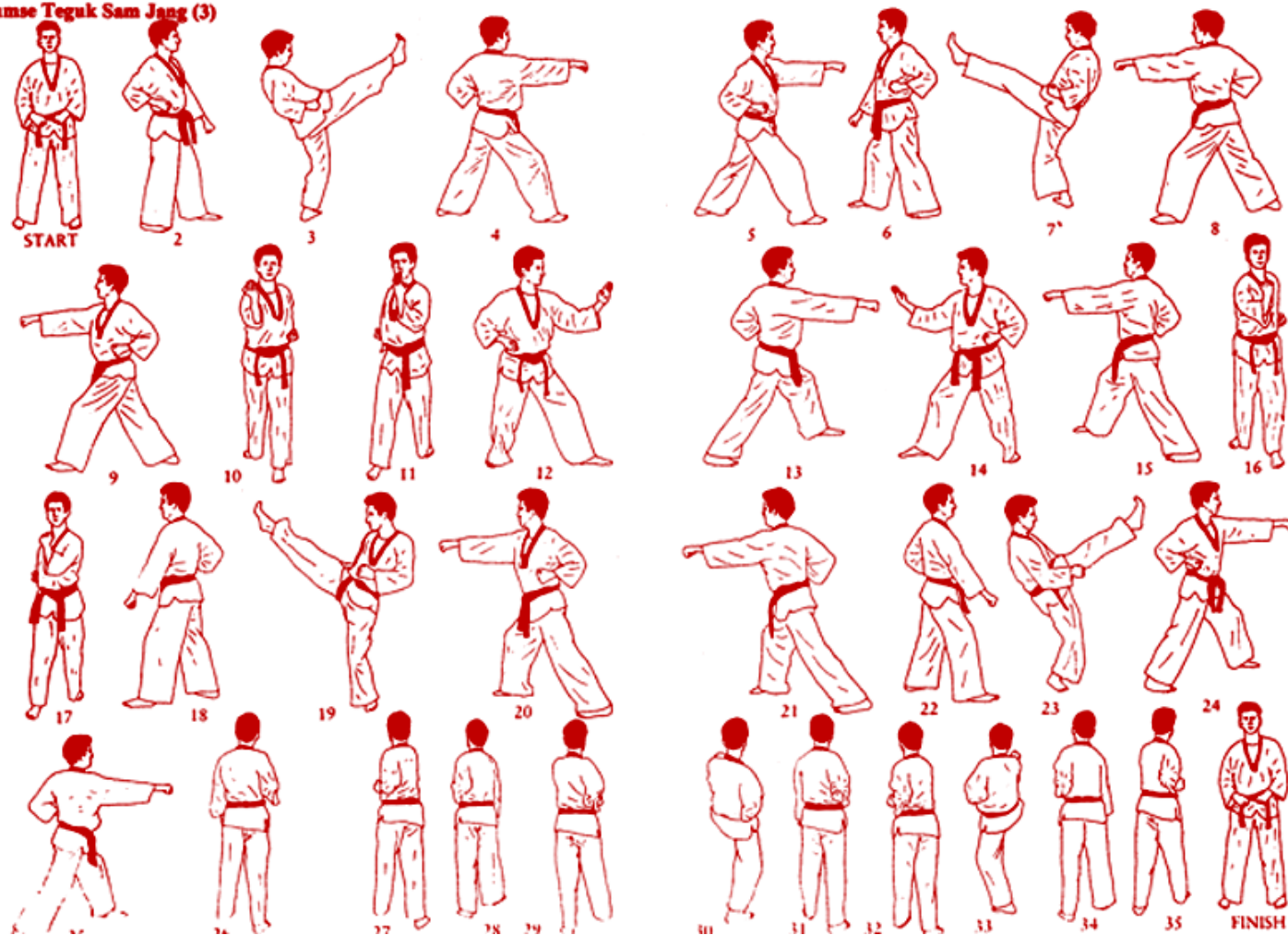
GREEN BELT

(Testing Green to Purple)



Taegeuk Sam Jang

Pumse Teguk Sam Jang (3)



<https://www.youtube.com/watch?v=hXfGuwylCYY>



PURPLE BELT

(Testing Purple to Blue)



Physical Requirements

A) Kicks

1. Back kick (improvement)
2. Spinning hook kick
3. Fast Kick-Double Roundhouse Kick
4. All previous kicks

B) Hand Techniques

1. Double middle knife hand block
2. Palm block
3. Knife hand rising block
4. Spear hand strike
5. Front back fist strike
6. Outer block
7. All previous hand techniques

C) Stances

1. All previous stances

D) Form

1. Taegeuk Sa Jang
2. Last form (Sam Jang) (KC Kids)
3. All previous forms (Adults only)

E) Falling

1. Backwards fall from squatting position

F) Board Breaking

1. Back kick

G) Self-Defense

1. Hair/shoulder grab
2. Wrist grab from behind



PURPLE BELT

(Testing Purple to Blue)



Mental Requirements

- A) What is the meaning of the Purple belt?
 - 1. The Purple belt represents power, the royal color of majesty. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Sa Jang?
 - 1. The fourth Taegeuk form signifies thunder. “Sir/Ma’am”!
- C) Count from 20 to 40 in Korean.
 - 1. Twenty — Samul
 - 2. Thirty — Sarun
 - 3. Forty — Mahun
- D) What are the three rules of concentration
 - 1. Focus your eyes
 - 2. Focus your mind
 - 3. Focus your body
- E) Why do we practice controlled Olympic sparring?
 - 1. To demonstrate mental discipline
 - 2. To show physical control over ourselves
 - 3. To build self-confidence which indicates a strong mind
- F) Know what part of the foot is used to strike for each kick.
 - 1. Skipping front leg roundhouse kick — Instep
 - 2. Skipping front leg side kick — Bottom of the heel
 - 3. Skipping front leg double roundhouse kick — Instep
- G) Be able to identify, define, and answer questions about the current life skill concept (Children only)
- H) All previous mental requirements.



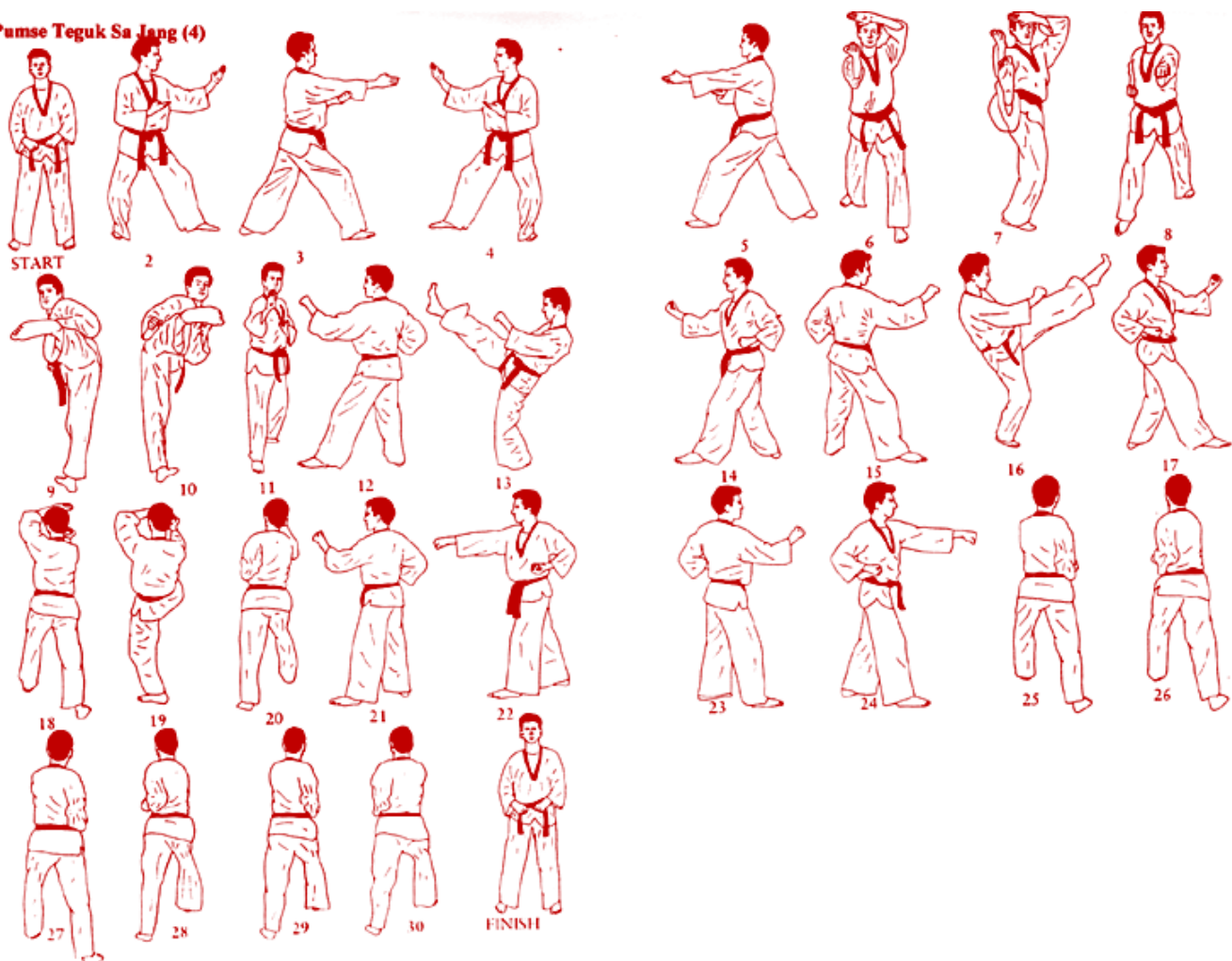
PURPLE BELT

(Testing Purple to Blue)



Taegeuk Sa Jang

Pumse Teguk Sa Jang (4)



<https://www.youtube.com/watch?v=W3R4CqEISUU>



BLUE BELT

(Testing Blue to Red)



Physical Requirements

A) Kicks

1. Low-high double roundhouse kick
2. Jumping back kick
3. Improved spinning hook kick
4. All previous kicks

B) Hand Techniques

1. Hammer fist strike
2. Middle section elbow strike
3. All previous hand techniques
4. Left elbow strike to right palm
5. Right elbow strike to left palm
6. Back fist strike

C) Stances

1. Left "L" stance
2. Right "L" stance
3. All previous stances

D) Form

1. Taegeuk Oh Jang
2. Last form (Sa Jang)
3. All previous forms (Adults only)

E) Olympic Sparring

1. Attend a minimum of one sparring class per month

F) Board Breaking

1. Jumping back kick

G) Balance

1. Hold side kick—punch combination for three seconds
2. Squat Jab Cross

H) Falling

1. Back fall from standing up

I) Self-Defense

The theme for the Blue belt self-defense is how to escape and counter from a head lock.

1. Head lock from behind and to the side
 - i) Grab the attacker's arm and pull down and tuck in chin to allow breathing. Drop all weight onto attacker's forearm while elbow striking straight back at attacker. Move leg around attacker and escape through the side. Strike to head.
2. Head lock from behind and to the side with attacker punching
 - i) Grab the attacker's arm and pull down and tuck in chin to allow breathing. Reach across the front of the attacker and stuff your hand into his/her elbow so he/she cannot punch you. Grab the punching arm from behind with your other hand. Release with the first hand and grab the attacker's choking wrist. Simultaneously step back, stand up, and pull down on the wrist. Duck under the arm and create an arm lock behind the attacker.
3. Proper way to stand up when being attacked
4. Knee strike



BLUE BELT

(Testing Blue to Red)



Mental Requirements

- A) What is the meaning of the Blue belt?
1. The Blue belt represents the sky and the unlimited boundaries of Taekwondo. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Oh Jang?
1. The fifth Taegeuk form signifies wind. “Sir/Ma’am”!
- C) Why is it important to get good grades in school?
1. To develop good self-discipline
 2. To develop good work habits
 3. Provide opportunities to better my future
- D) Count from 1st to 10th.
- | | |
|----------|------|
| 1. 1st | Il |
| 2. 2nd | Yi |
| 3. 3rd | Sam |
| 4. 4th | Sa |
| 5. 5th | Oh |
| 6. 6th | Yuk |
| 7. 7th | Chil |
| 8. 8th | Pal |
| 9. 9th | Goo |
| 10. 10th | Ship |
- E) Submit written examples of how you live the tenets of Taekwondo.
- Give an example of how you live each tenet at home, at school/work, and at Taekwondo. In total, you should have 15 examples (three for each of the five tenets). This should be typed and submitted with your belt test application prior to testing.
- F) Know what part of the foot is used to strike for each kick.
1. Low/high double roundhouse kick — Instep
 2. Jumping back kick — Bottom of the heel
 3. Jumping spinning hook kick — Back of the heel
- G) Be able to identify, define, and answer questions about the current life skill concept (Children only)
- H) All previous mental requirements.



BLUE BELT

(Testing Blue to Red)



Taegeuk Oh Jang

Pumse Teguk O Jang (5)



<https://www.youtube.com/watch?v=kKm2kSsgBK4>



RED BELT

(Testing Red to High Red)



Physical Requirements

A) Kicks

1. Side kick– Back kick combination
2. All previous kicks
3. Cut kick—back kick combo
4. Jumping Spinning Hook Kick

B) Hand Techniques

1. Middle palm block
2. High outer middle knife hand block
3. High outer middle block
4. All previous hand techniques

C) Stances

1. All previous stances

D) Form

1. Taegeuk Yuk Jang
2. Last form (Oh Jang)
3. All previous forms (Adults only)

E) Olympic Sparring

1. Attend a minimum of one sparring class per month

F) Board Breaking

1. Jumping back kick or other technique (Master's choice)

G) Falling

1. Fall to the right from standing up
2. Fall to the left from standing up

H) Rolling

1. From standing

H) Il Bo Gyorugy (1-Step Sparring)

1. Numbers 1-4

I) Gyorugy #1-4 (Sparring Techniques should be proficient with both legs)

1. Front leg Roundhouse kick (Fast Kick) to the body followed by Fast Kick to the head (no step)...put foot down in between kicks
2. Front leg Roundhouse kick (Fast Kick) to the body followed by Fast Kick to the head (no step)...keep foot in air
3. Pado Chaggie (slide back Roundhouse Kick) ...at least four in a row as opponent steps in
4. Cut kick followed by high Roundhouse kick without putting foot down

J) Balance

1. Elbows on Knees



RED BELT

(Testing Red to High Red)



Physical Requirements Continued...

K) Self-Defense

The theme for the Red belt self-defense is how to escape and counter from a bear hug.

1. Over both arms

- i) Bring your inside leg behind the attacker into a horse riding stance. Lean back and open arms as much as possible causing attacker to fall. Side kick to attacker's body.
- ii) Inhale and bring your arms to the middle of your body, making yourself as narrow as possible. Explode downward and throw arms open. Reach between your legs and grab the attacker's foot. Pull up the foot while sitting on the thigh causing attacker to fall. Kick the attacker's body.

2. Under both arms

- i) Reach across grabbing the attacker's top hand. Grab a finger and while holding the attacker's hand, pull the finger so it breaks.

Mental Requirements

A) What is the meaning of the Red belt?

1. The Red belt represents fire — use caution when practicing Taekwondo. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Yuk Jung?

1. The sixth Taegeuk form signifies water. “Sir/Ma’am”!

C) Give an example of self-discipline in the following settings:

1. At home?
2. At school/work?
3. At Taekwondo?

D) What is Confidence?

1. Believing in yourself

E) How has Taekwondo influenced your life?

F) Know what part of the foot is used to strike for each kick.

1. Side kick — back kick combination — Bottom of the heel
2. Skipping front leg side kick — back kick combination — Bottom of the heel

G) Be able to identify, define, and answer questions about the current life skill concept (Children only)

H) All previous mental requirements

Weapons Requirements

A) Nunchuck Maneuvers

1. Figure 8
2. Backwards Spin



RED BELT

(Testing Red to High Red)



Taegeuk Yuk Jang

Pumse Teguk Yuk Jang (6)



https://www.youtube.com/watch?v=8s_BlbccXqU



HIGH RED BELT

(Testing High Red to Brown)



Physical Requirements

A) Kicks

1. Low/high fast kick
2. Cut kick, hook, roundhouse
3. All previous kicks

B) Hand Techniques

1. Double low knife hand block
2. Upper palm block
3. Scissor block
4. Low "X" block
5. High "X" block
6. Spread block
7. Side back fist strike
8. Double middle uppercut punch
9. Grab head — knee strike combination
10. All previous hand techniques

C) Stances

1. Tiger stance
2. All previous stances

D) Form

1. Taegeuk Chil Jang
2. Last form (Yuk Jang)
3. All previous forms (Adults only)

E) Olympic Sparring

1. Attend a minimum of one sparring class per month

F) Board Breaking

1. Master's choice

G) Rolling

1. Front shoulder roll from standing
2. Back shoulder roll after back fall from standing

H) Strength Test

1. 20 pushups
2. 20 sit ups

I) Il Bo Gyorugy (1-Step Sparring)

1. 1 Step Sparring Techniques 1-4
2. Creative 1-step sparring
 - i) Three strikes

J) Gyorugy #5-8 (Sparring Techniques)

5. Counter jumping back kick as opponent roundhouse kicks from open or closed stance
6. Side step followed by double roundhouse kick (first kick to body, second kick to head)
7. Pado Chaggie double roundhouse kick (first kick to body, second kick to head)
8. Cut kick followed by hook kick followed by roundhouse kick without putting foot down.

K) Self-Defense

- The theme for the high Red belt self-defense is beginning to make it natural
1. Random grabs from previous self-defense techniques



HIGH RED BELT

(Testing High Red to Brown)



Mental Requirements

- A) What is the meaning of the High Red belt?
 - 1. The High Red belt represents volcano — fire creating earth. “Sir/Ma’am”!
- B) What is the meaning of Taegeuk Chil Jang?
 - 1. The seventh Taegeuk form signifies mountains. “Sir/Ma’am”!
- C) What are the five virtues of a leader?
 - 1. Intelligence
 - 2. Trustworthiness
 - 3. Humaneness
 - 4. Courage
 - 5. Sternness
- D) What makes you a leader in the following settings?
 - 1. At home?
 - 2. At school/work?
 - 3. At Taekwondo?
- E) Know what part of the foot is used to strike for each kick.
 - 1. 360° Back kick — Bottom of the heel
- F) What is the Korean word for form?
 - 1. “Poomsae”
- G) Identify essential components to performing poomsae.
 - 1. See introduction section of the manual, page 6.
- H) Be able to identify, define, and answer questions about the current life skill concept (Children only)
- I) Essay: How Taekwondo has changed my life. (1 page, typed and double spaced)
- J) All previous mental requirements

Weapons Requirements

- A) Nunchuck Requirements
 - 1. Throw and catch under arm
 - 2. Throw and catch behind back
 - 3. Forward Strike/catch combo
 - 3. All previous maneuvers



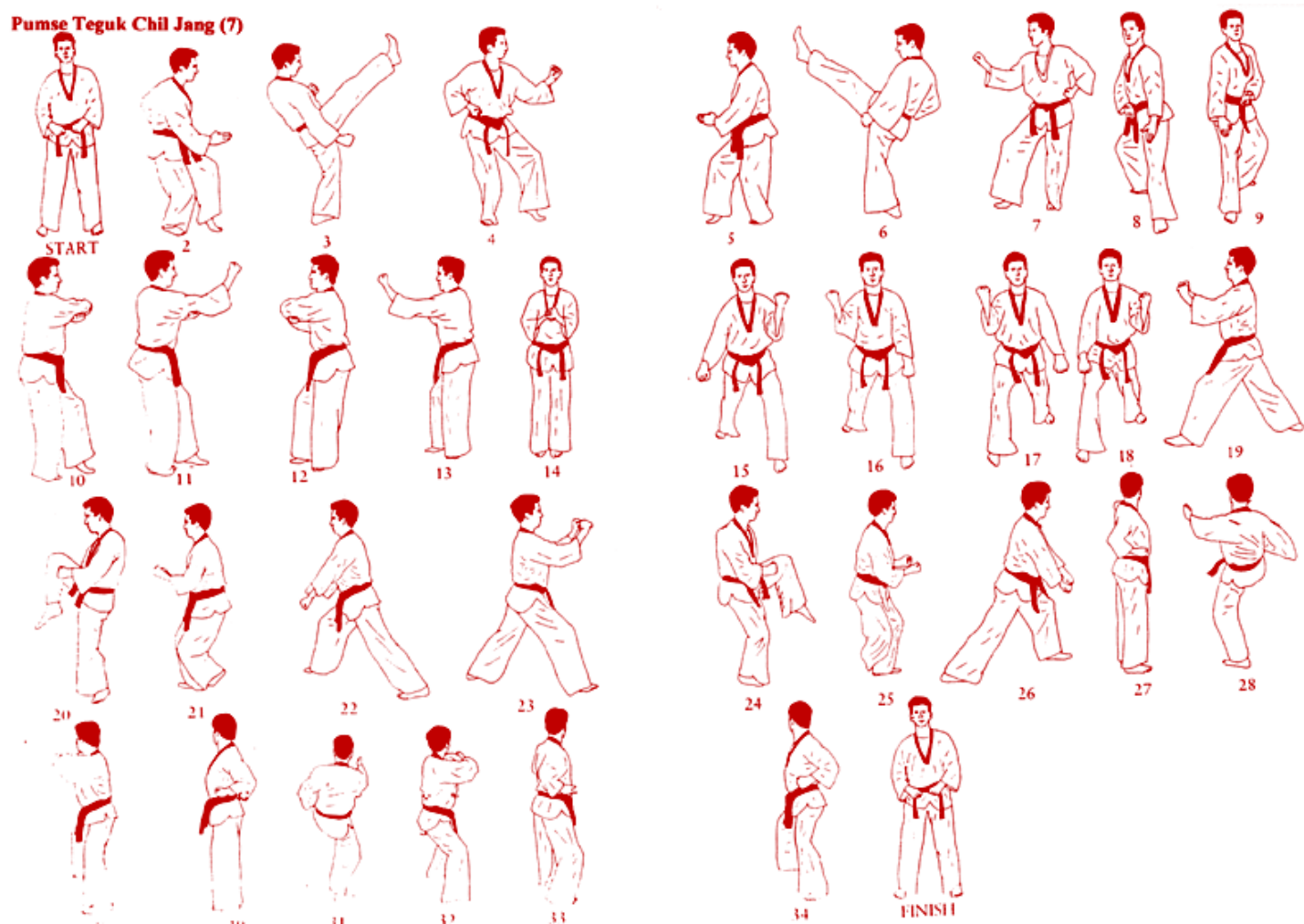
HIGH RED BELT

(Testing High Red to Brown)



Taegeuk Chil Jang

Pumse Teguk Chil Jang (7)



<https://www.youtube.com/watch?v=1TlrMJTaliY>



BROWN BELT

(Testing Brown to High Brown)



Physical Requirements

A) Kicks

1. 360° back kick
2. Jumping front—axe kick combination
3. All previous kicks

B) Hand Techniques

1. Double middle fist block
2. Mountain block
3. Uppercut punch to jaw
4. Double low fist block
5. All previous hand techniques

C) Form

1. Taegeuk Pal Jang
2. Last form (Chil Jang)
3. All previous forms (Adults only)

D) Olympic Sparring

1. Attend a minimum of one sparring class per month

E) Board Breaking

1. Master's choice

F) Strength Test

1. 30 pushups
2. 30 sit ups

G) Endurance Test

1. One minute of Master's Choice (nonstop kicking)

H) Il Bo Gyorugy (1-Step Sparring)

1. 1-4
2. Creative 1-step sparring
 - i) Three techniques—joint locks/breaks/takedowns

I) Gyorugy #1-8 (Sparring Techniques)

J) Self-Defense

1. Random grabs from previous self-defense techniques



BROWN BELT

(Testing Brown to High Brown)



Mental Requirements

- A) What is the meaning of the Brown belt?
 - 1. The Brown belt represents Earth — your Taekwondo skills should be solid like the mountains. “Sir/Ma’am”!
- B) History of Taekwondo
 - 1. Study from the history in the manual’s introduction section on page 4.
- C) What is the meaning of Taegeuk Pal Jang?
 - 1. The eighth Taegeuk form signifies earth. “Sir/Ma’am”!
- D) Names, Symbols, and Meanings of all eight Taegeuk Forms
 - 1. Study from the manual’s introduction section on page 5.
- E) Identify the importance of Taegeuk Poomsae in Taekwondo tradition.
 - 1. Study from the manual’s introduction section on page 5.
- F) Know what part of the foot is used to strike for each kick.
 - 1. 360° Spinning hook kick — back of the heel
 - 2. Jumping front — Axe kick Combination — Ball of foot— Back of heel
- G) Perform the commands to bow into and out of classes
 - 1. See introduction section of the manual, page 8.
- H) Know how to address instructors
 - 1. Kwanjangnim Head Master
 - 2. Sabumnim Master (4th degree or higher)
 - 3. Kyosanim Instructor (2nd and 3rd degree Black Belt)
- I) Be able to identify, define, and answer questions about the current life skill concept (Children only)
- J) All previous mental requirements
- K) Community Service (3 hours per month of choice, must be preapproved)

Weapons Requirements

- A) Nunchuck maneuvers
 - 1. Hand roll across body with both hands
 - 2. Throw and catch under arm
 - 3. Throw and catch behind back
 - 2. All previous maneuvers

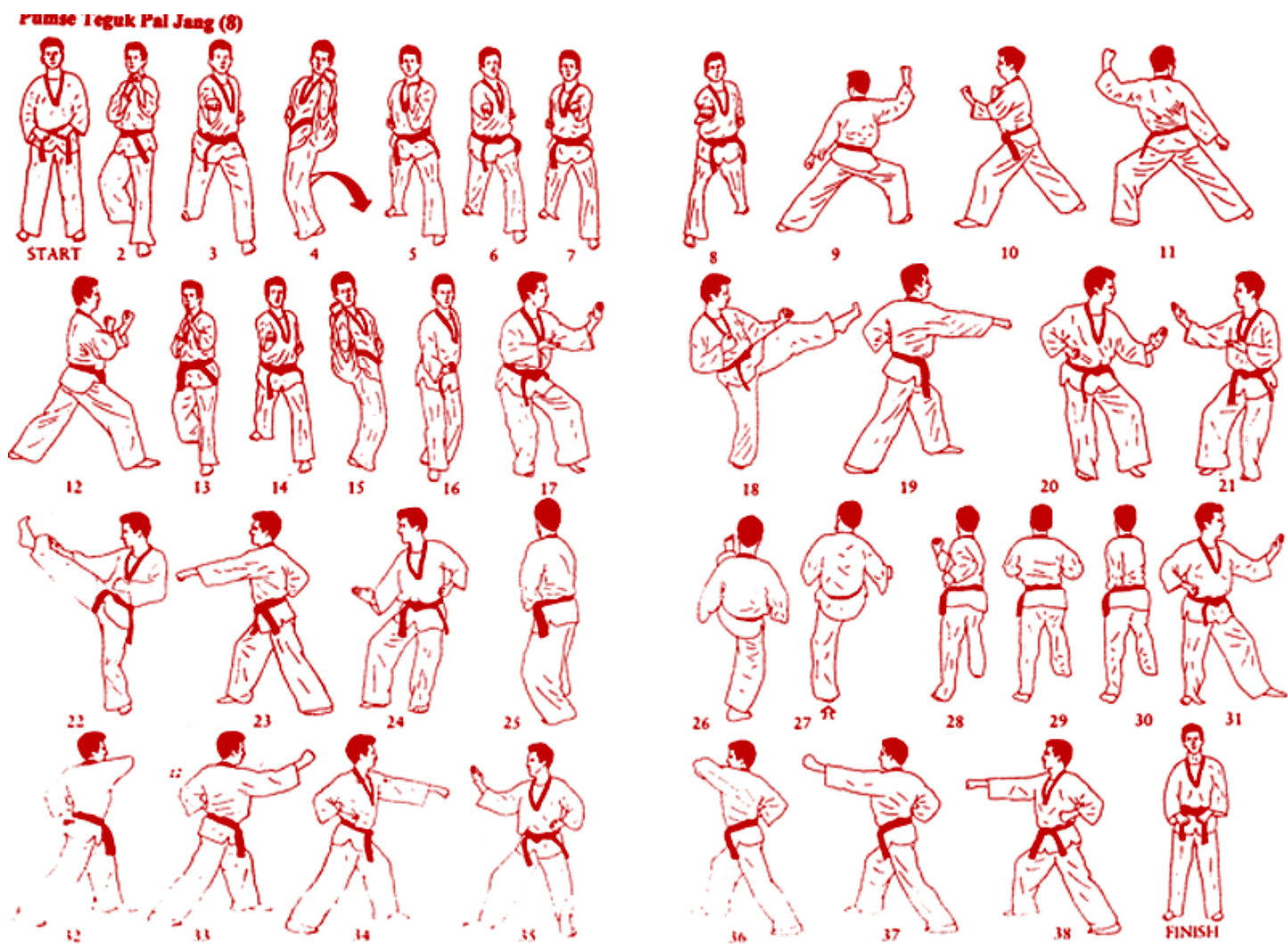


BROWN BELT

(Testing Brown to High Brown)



Taegeuk Pal Jung



<https://www.youtube.com/watch?v=OSeadr-8Do8>



HIGH BROWN BELT

(Testing High Brown to Black)



Physical Requirements

- A) Attendance
 - 1. Fulfill the attendance requirements upon entering the Black Belt Candidate program
- B) Kicks
 - 1. 360 Spinning hook kick
 - 2. All previous kicks
- C) Hand Techniques
 - 1. All previous techniques
- D) Stances
 - 1. All previous stances
- E) Forms
 - 1. Chonji
 - 2. Tangoon
 - 3. All previous forms
- F) Olympic Sparring
 - 1. Against one or two opponents
- G) Board breaking
 - 1. Five boards, creative combination including 1-2 hand techniques
- H) Strength test
 - 1. 50 pushups
 - 2. 50 sit ups
 - 3. Follow Regimen
- I) Endurance test
 - 1. Two rounds of Master's Choice— Two minutes each round with a 30 second break in between
 - 2. Follow Regimen
- J) Il Bo Gyorugy (1-Step Sparring)
 - 1. 4 standard, 3 standing strikes, 3 joint locks/breaks, 3 take downs
- K) Gyorugy (Sparring)
 - 1. Perform numbers 1-8
- L) Self-Defense
 - 1. Perform all techniques listed in the White through Red belt curriculum



HIGH BROWN BELT

(Testing High Brown to Black)



Mental Requirements

*Note: Mental requirements will be in the form of a written test prior to the physical Black Belt test.

- A) What is the meaning of the High Brown belt?
 - 1. The High Brown belt signifies maturity and being ready to accept responsibility.
- B) What does WT stand for?
 - 1. World Taekwondo
- C) Name the WT forms that you know.
 - 1. All Taegeuks are WT forms, students should know the name of all eight.
- D) What does ITF stand for?
 - 1. International Taekwondo Federation
- E) Name the ITF forms that you know.
 - 1. Chonji and Tangoon
- F) Be able to identify key components to executing each kick correctly.
- G) Korean terminology for all kicks
- H) Korean terminology for hand techniques and stances (Adults only.)
- I) Essay: Prompts will be assigned by instructors during candidacy.
(Two pages, double spaced, standard font and margins)
- J) All previous mental requirements

Other Requirements

- A) Minimum 3.0 GPA or equivalent for students
- B) Community service (6 hours minimum, approved)
- C) Assist with minimum 1 class per week

Weapons Requirements

- A) Nunchuck maneuvers
 - 1. 30 seconds creative nunchuck freestyle using all previous maneuvers and new maneuvers.



1st DEGREE BLACK BELT

(Testing 1st Degree to 2nd Degree)



Physical Requirements

- A) Attendance
 - 1. Fulfill the attendance requirements upon entering the Black Belt Candidate program
- B) Kicks
 - 1. All previous kicks
- C) Hand Techniques
 - 1. Stick block
 - 2. Pressing block
 - 3. Twin outside middle block
 - 4. Tiger mouth strike
 - 5. Outside middle ridge hand block
 - 6. All previous hand techniques
- D) Stances
 - 1. All previous stances
- E) Forms
 - 1. Koryo (WT)
 - 2. Tosan (ITF)
 - 3. Won Yo (ITF)
 - 4. Yul Guk (ITF)
 - 5. Joon Gun (ITF)
 - 6. All previous forms
- F) Olympic Sparring
 - 1. Against one, two, or three opponents
 - 2. All sparring techniques (#1-8)
- G) Board breaking
 - 1. Six boards, creative combination including 1-2 hand techniques
- H) Strength test
 - 1. 50 pushups
 - 2. 50 sit ups
- I) Endurance test
 - 1. Two rounds of Master's Choice— Two minutes each round with a 30 second break in between
- J) Il Bo Gyorugy (1-Step Sparring)
 - 1. Creative 1-Step Sparring — 20 techniques
- K) Knife Defense
 - 1. Techniques 1-6 (see descriptions on page 54)
- L) Self-Defense
 - 1. Against random grabs
 - 2. Demo
- M) BJJ
 - 1. Guard and mount escapes
- N) Boxing
 - 1. Combos 1 & 2



1st DEGREE BLACK BELT

(Testing 1st Degree to 2nd Degree)



Mental Requirements

*Note: Mental requirements will be in the form of a written test prior to the physical Black Belt test.

- A) What is the meaning of the Black belt?
 - 1. The end of one life cycle and the beginning of a new one.
- B) Meanings of the 6 ITF forms (Chonji through Joon Gun)
- C) Meaning of Koryo
- D) Essay: Prompts will be assigned by instructors during candidacy.
(Three pages, double spaced, standard font and margins)
- E) All previous mental requirements

Other Requirements

- A) Minimum 3.0 GPA or equivalent for students
- B) Community service (6 hours per month)
- C) Assist with 2 classes per week min

Weapons Requirements

- A) Nunchuck Maneuvers
 - 1. Advanced 30 second freestyle
- B) Weapon of choice 30 second demo (not nunchuck)



2nd DEGREE BLACK BELT

(Testing 2nd Degree to 3rd Degree)



Physical Requirements

A) Kicks

1. All previous kicks

B) Hand Techniques

- | | |
|-------------------------------------|----------------------|
| 1. Inverse Stick block | 5. Palm heel strike |
| 2. Mountain block | 6. Ridge hand strike |
| 7. All previous hand techniques | |
| 4. Single hand spear strike to neck | |

C) Stances

1. Crane stance
2. All previous stances

D) Forms

- | | | |
|------------------|--------------------|-----------------------|
| 1. Keumgang (WT) | 4. Hwa Rang (ITF) | 7. All previous forms |
| 2. Taebaek (WT) | 5. Chong Moo (ITF) | |
| 3. Toi Gae (ITF) | 6. Kwan-Gae (ITF) | |

E) Olympic Sparring

1. Against one, two, or three opponents
2. Know all sparring techniques (#1-8)

F) Board breaking

1. Nine boards (1 brick), creative combination including 1-3 hand techniques

G) Strength test

- | | |
|---------------|---------------|
| 1. 50 pushups | 2. 50 sit ups |
|---------------|---------------|

H) Endurance test

1. Two rounds of Master's Choice— Two minutes each round with a 30 second break in between

I) Il Bo Gyorugy (1-Step Sparring)

1. Creative 1-Step Sparring — 10 techniques

J) Knife Defense

1. Techniques 1-12 (see descriptions on page 54)

K) Self-Defense

1. Against random attacks including grabs, kicks, punches, and ground
2. Close-range Gun Defense (techniques 1-6)

L) BJJ

1. Advancing maneuvers

M) Boxing

1. Boxing combos 1-4



2nd DEGREE BLACK BELT

(Testing 2nd Degree to 3rd Degree)



Mental Requirements

*Note: Mental requirements will be in the form of a written test prior to the physical Black Belt test.

- A) Meanings of all forms performed
- B) Identify differences between WT and ITF Poomsae
 - 1. Unique execution of blocks (give examples)
 - 2. Unique hand techniques (give examples of hand techniques that are only in ITF poomsae)
 - 3. ITF patterns are traditionally performed with sine wave movements
(know what that means but do not perform the patterns using sine wave)
 - 4. ITF is an older style of Taekwondo
- C) Essay: Open topic relating to Taekwondo
(Five pages, double spaced, standard font and margins)
- D) All previous mental requirements

Other Requirements

- A) Minimum 3.0 GPA or equivalent for students
- B) Community service (12 hrs minimum)
- C) Teaching Assistance (3 week)

Weapons Requirements

- A) Nunchuck Maneuvers
 - 1. 30 second advanced freestyle (two handed techniques required)
- B) Weapon of Choice (30 second advanced freestyle)



KNIFE DEFENSE

(Exercises for 2nd Degree to 3rd Degree Candidates)



Knife Defense is required for students who are testing for the rank of 2nd and 3rd degree Black Belt. 2nd degree candidates are expected to know techniques 1-6. 3rd degree candidates are expected to know techniques 1-12. 4th degree candidates should expand on these by creating their own defense.

#	Attack	Defense
1	Attack with right hand slashing chest high from right to left	Step in with right leg/block with two open hands, one on each side of the elbow/move right hand onto attacker's shoulder/wrap left arm around attacker's arm and grab your own wrist/apply pressure in an upward manner to attacker's elbow to break the arm
2	Attack with left hand stabbing towards the stomach	Step back with the left foot while raising the right arm under the attacker's forearm/strike the attacker's wrist with left hand/left leg roundhouse kick to attacker's stomach/put foot down and follow up with left leg axe kick to the back of the head
3	Attack with right hand stabbing towards the stomach	Step back with right foot while grabbing attacker's arm with left hand/slide hand down to wrist and jerk forward/add right hand so there is one thumb on each side of the attacker's middle knuckle/rotate wrist backwards at a 45° angle
4	Attack with right hand slashing from right to left/follow up with slash back from left to right	Step away from first slash/step forward and block with two hands on the outside of the attacker's arm with one on each side of the elbow/grab the arm/right leg knee strike to stomach/apply pressure to shoulder to bring attacker down/keep attacker close to body
5	Attack with right hand stabbing towards the neck/run towards the defender	Simultaneously step forward and in at a 45 angle with the right leg/grab the attacker's right arm with left hand and put right arm under attacker's armpit/rotate body towards your left to throw the attacker
6	Attack with right hand stabbing downward towards the head	Step to the right and do a high block with the left hand/bring right hand underneath attacker's arm and grab attacker's arm/step through the arm bringing the knife into the attacker's stomach
7	Attack with right hand upwards towards the attacker's stomach	Slide back and grab attacker's arm with both hands/step to the inside turning your back on the attacker/break attacker's elbow over left shoulder
8	Attack with right hand upwards towards the attacker's stomach	Slide back and do a down block with left arm on the attacker's forearm/grab attacker's arm behind elbow and pull him to you/execute arm bar at 90 angle behind attacker's back
9	Attack with right hand upwards towards the attacker's stomach	Slide back and grab attacker's arm with both hands/step under attacker's arm going behind his back/execute arm bar at 90 angle behind attacker's back
10	Attack with right hand slashing chest high from right to left	Step to the right side and catch the attack with left hand/while holding wrist, step in so your back is to the attacker/grab hand with right hand so that your thumb is on the attacker's thumb/apply pressure turning hand to the outside/remove knife with left hand
11	Attack with right hand slashing from right to left/follow up with slash back from left to right	Step away from first slash/step forward and block with two hands on the outside of the attacker's arm with one on each side of the elbow/grab the arm/push arm behind attacker's back and execute arm bar at 90 angle
12	Attack with right hand stabbing downward towards the hand	Step to the right and do a high block with the left hand/bring right arm under attacker's arm and clasp your hands/apply pressure downwards on the arm while keeping the shoulder level



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