

# Required For all students

## ◇ Counting 1 to 10 in Korean

- ◇ 1 hanah = one
- ◇ 2 dool = two
- ◇ 3 set = three
- ◇ 4 net = four
- ◇ 5 dasot = five
- ◇ 6 yasot = six
- ◇ 7 ilgop = seven
- ◇ 8 yadol = eight
- ◇ 9 ahop = nine
- ◇ 10 yool = ten

## Student Oath

I shall observe the tenet of Tae Kwon Do:

Curtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

I shall respect my instructors and seniors,

I shall never misuse Tae Kwon Do

I shall be a champion of freedom and Justice

I shall build a more peaceful world.

**Stances are named based upon which leg has the most weight on it.**

**Walking Stances (front and side facing):** The front leg has the most weight 60% so if the right leg is forward it would be a right walking stance.

**L-Stance:** the rear leg has most of the weight on it 70%, so the stance is named for the rear leg. Therefore a right L-Stance would have the right leg back and the left leg forward.

**Sitting and fixed Stances:** Weight is balanced equally 50% on both legs.

# Cheat Sheet

## Old Name:

Front Stance

Back Stance

Cat Stance

High Block

Inner Forearm Block

Double Fist Block

Square Block

Twin Outer Forearm Block

Reinforced Inner/Outer Forearm Block

Reinforced Spear Hand

Ridge Hand

## New Name:

Walking Stance

L-Stance

Rear Foot Stance

Rising Block

Middle Block

Guarding Block

Twin Outer Forearm Block

Wedging Block

Double Forearm Guarding Block

Straight Fingertip Thrust

Reverse Knife Hand

- ◇ **Low, Rising, and Outer Forearm Blocks prepare on top**
- ◇ **Middle Blocks Prepare on the bottom**
- ◇ **Kicks are named based upon their type and application (i.e. Front Snap Kick, Side Piercing Kick, Side Rising Kick, etc.).**
- ◇ **Stances are named based upon which leg has the most weight on it.**

# Little Tigers

*Learning the Fundamentals of Martial Arts*

## Classroom Behavior

### (Yellow Stripe)

- ◇ Demonstrate the ability to remain focused during class
- ◇ Consistently listens to the instructor(s) and follows instructions
- ◇ Shows proper respect for other students
- ◇ Demonstrate the ability to follow Do Jo Etiquette

## Techniques

### (Black Stripes)

#### Stances

- ◇ Walking (Half/Full Facing)
- ◇ Sitting
- ◇ L Stance
- ◇ Parallel Ready
- ◇ Close
- ◇ Rest
- ◇ Guarding/Fighting
- ◇ Attention

#### Strikes & Blocks

- ◇ Fist Punch (High/Middle/Low/Reverse)
- ◇ Knife Hand Strike
- ◇ Rising Block
- ◇ Low Block
- ◇ Middle Block (With Inner Forearm)

#### Kicks (Back and Front legs)

- ◇ Front Snap Kick (Front/Side Facing)
- ◇ Outside Crescent Kick
- ◇ Rising Kick (Stretch Kick)

#### Combination/Walking

- ◇ Show the ability to do all hand and foot techniques while walking.
- ◇ Show the ability to demonstrate a mix of combinations.

#### Falls

- ◇ Front/Back Fall

## Objective

To teach younger children the basic skills required to begin their training. Little Tigers will focus on discipline, stances, and basic movements. We recommend students attend 2 classes per week.

## Graduation

### (Red Stripe)

Demonstrates all of the classroom behavior and techniques consistently.

**Note:** The student will remain in the Little Tigers class for up to one month after receiving their red stripe.

# White Belt

*Purity, No Prior Knowledge of Martial Arts*

## Techniques

### Stances

- ◇ Walking
- ◇ Sitting
- ◇ L Stance
- ◇ Parallel Ready Stance
- ◇ Closed
- ◇ Rest
- ◇ Guarding/Fighting
- ◇ Attention

### Kicks (Front and Back)

- ◇ Front Facing Front Kick (Snap/Thrust/Instep)
- ◇ Side Facing Front Kick
- ◇ Front Kick with Knee (Knee Strike)
- ◇ Front Rising Kick

### Strikes (Front and Back)

- ◇ Fist Punch (High/Middle/Low/Down/Side)
- ◇ Jab-Cross Punch
- ◇ Hammer Fist Punch
- ◇ Knife Hand Strike

### Blocks

- ◇ Rising Block (Forearm/Knife Hand)
- ◇ Low Block (Forearm/Knife Hand)
- ◇ Middle Block (Inner Forearm/Knife hand)

### Falls

- ◇ Back Fall
- ◇ Side Fall
- ◇ Front Fall (From Knee)

Students will be required to demonstrate combinations of the required techniques which will vary at the instructor's request.

## Self Defenses

- ◇ Statue of Liberty
- ◇ Cross Wrist Grab
- ◇ Front Choke Defense
- ◇ Rear Choke Defense

## Form

### Saju Jirugi

- ◇ Four directional punch

### Saju Makgi

- ◇ Four directional defense

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Saju Jirugi
- ◇ 6th: Saju Makgi

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Senior White Belt

*Purity, No Prior Knowledge of Martial Arts*

## Techniques

### Stances

- ◇ Walking
- ◇ Sitting
- ◇ L Stance
- ◇ Ready
- ◇ Closed
- ◇ Rest
- ◇ Guarding/Fighting
- ◇ Attention

### Kicks (Front and Back)

- ◇ Side Kick (Piercing/Pushing)
- ◇ Inside Crescent Kick (Straight/Bent)
- ◇ Outside Crescent Kick (Straight/Bent)
- ◇ Knee Strike 45 (Ribs)
- ◇ Heel Kick (From base)

### Strikes (Front and Back)

- ◇ Vertical Punch
- ◇ Rising Punch
- ◇ Back Fist Punch

### Blocks

- ◇ Outer Forearm Block
- ◇ Guarding Block

### Falls

- ◇ Back Fall
- ◇ Front Fall (From Knee)

Students will be required to demonstrate combinations of the required techniques which will vary at the instructor's request.

## Self Defenses

- ◇ Statue of Liberty
- ◇ Cross Wrist Grab
- ◇ Front Choke Defense
- ◇ Rear Choke Defense

## Step Sparring Drills

## Form

### Chon-Ji

- ◇ 19 moves
- ◇ "Chon-Ji" means "Heaven-Earth."
- Low block represents Earth.
- Inner forearm block represents Heaven.

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Yellow Belt

*The Sun Beaming Down On The Seed That Has Been Planted*

## Techniques

### Kicks (Front and Back)

- ◇ Side Turning Kick (Round Kick)
- ◇ Axe Kick (Downward Kick)
- ◇ Back Kick
- ◇ Shin Kick
- ◇ Pressing Kick
- ◇ Hook Kick (From Ground)

### Strikes

- ◇ Palm Heel Strike

### Blocks (All Knives)

- ◇ Guarding Block with the Knife Hand
- ◇ Twin Outer Forearm Block
- ◇ Twin Outer Forearm Block with the Knife Hand

### Falls

- ◇ Front Fall (Start From Knee)
- ◇ Forward Roll Fall

### Take Downs/ Throws

- ◇ Hook Sweeps- (Back of Leg, Same-side Grab)

Students will be required to demonstrate combinations of the required techniques which will vary at the instructor's request.

## Self Defense

- ◇ Collar Grab – Ear Slap, Knee Strike
- ◇ Collar Grab – Snake
- ◇ Wrist Grab, Same Side—Knife Hand Strike

## Form

### Dan-Gun

- ◇ 21 moves
- ◇ Dan-Gun was the legendary founder of Korea in the year 2333 B.C.

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Senior Yellow Belt

*The Seed That Was Planted Is Nurtured*

## Techniques

### Kicks (Spin Kicks)

- ◇ Spin Side Piercing Kick
- ◇ Spin Outside Crescent Kick
- ◇ Spin Axe Kick
- ◇ Spin Back Kick
- ◇ Hook Kick (No Spin)

### Strikes

- ◇ Back Fist Downward Strike
- ◇ Spin Back Fist
- ◇ Knife Hand Strike (Front/Side/Down/45 Degree)
- ◇ Rising Block Inverted Knife Hand Strike
- ◇ Straight Fingertip Thrust
- ◇ Flat Fingertip Thrust

### Blocks

- ◇ Wedging Block
- ◇ Wedging Block with the Knife Hand
- ◇ Fist/Knife X-Block High
- ◇ Fist/Knife X-Block Low

### Sweeps

- ◇ Hook Sweeps (Front of Leg, Cross-hand Grab, Re-grip then Sweep)

### Falls

- ◇ Breaking Roll Fall
- ◇ Back Roll Fall

### Movements

- ◇ Spot Turn

## Self Defense

- ◇ Lapel Grab – Cross Shoulder Wrist Lock
- ◇ Lapel Grab – Same Side Wrist Lock
- ◇ Step Through Back Punch – In Close

## Form

### Do-San

- ◇ 24 moves
- ◇ Do-San devoted his life to furthering education of Korea. The 24 movements represents his life.

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt

# Green Belt

*The Seed that was planed begins to sprout*

## Techniques

### Stances

- ◇ Ready Stance Type A
- ◇ Fixed Stance
- ◇ Bending Ready Stance

### Kicks (Scissor Kicks)

- ◇ Jump Front Snap Kick
- ◇ Jump Front Kick with Knee
- ◇ Jump Side Piercing Kick
- ◇ Jump Outside Crescent Kick
- ◇ Jump Inside Crescent Kick
- ◇ Jump Turning Kick
- ◇ Jump Axe Kick
- ◇ Jump Back Kick
- ◇ Spin Hook Kick (No Scissor)

### Strikes

- ◇ Elbow Down Strike
- ◇ Elbow Backward Strike
- ◇ Elbow Inward Strike (Across)
- ◇ Elbow Outward Strike (Back Across)
- ◇ Elbow Upward Strike
- ◇ Reverse Knife Hand Strike (Ridge)
- ◇ Upset Punch

### Blocks

- ◇ Circular Block

### Throws

- ◇ Hook Sweeps (Front of Leg, Cross-hand Grab, Re-grip then Sweep)

## Self Defense

- ◇ Double Wrist Grab From Behind
- ◇ Bear Hug
- ◇ Step Through Back Punch – Tight Spin

## Form

### Won-Hyo

- ◇ 28 moves
- ◇ Won-Hyo was the monk who introduced Buddhism to Korea in 686 A.D.

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.



# Senior Green Belt

*The Sprout Comes into its own*

## Techniques

### Stances

- ◇ X-Stance

### Kicks (Jump Spin Kicks)

- ◇ Jump Spin Back Side Kick
- ◇ Jump Spin Outside Crescent Kick
- ◇ Jump Spin Axe Kick
- ◇ Jump Spin Back Kick
- ◇ Jump Spin Twist Kick
- ◇ Jump Hook Kick (No Spin)

### Strikes

- ◇ Twin Upset Fist Punch
- ◇ Twin Hammer Fist Punch
- ◇ Twin Vertical Fist Punch
- ◇ Twin Upset Palm Heel Strike
- ◇ Twin Flat Fingertip Thrust (Front/Back)

### Blocks

- ◇ Hooking Block
- ◇ Double Forearm Guarding Block

### Throws

- ◇ Rolling Throw (Adults Only)  
(Kids Lift Only-Do Not Throw)

## Self Defense

- ◇ Waterfall
- ◇ Back Leg Front Kick
- ◇ Step Through Back/Hook Punch

## Form

### Yul-Guk

- ◇ 38 moves
- ◇ Yul-Guk was a great philosopher and scholar named the Confucius of Korea.

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

Students will be required to demonstrate

**Note:** Students are responsible for all prior belt

# Blue Belt

*The Sprout Grows Towards the Sky*

## Techniques

### Stances

- ◇ Rear Foot Stance
- ◇ Ready Stance Type B

### Kicks

- ◇ Jump Spin Hook Kick
- ◇ Tornado Kick
- ◇ Dragon Sweep (Low Spin)
- ◇ Twist Kick (All Variations)

### Strikes (All Jump)

- |                       |                      |
|-----------------------|----------------------|
| ◇ Hook Punch          | ◇ Knife Hand Down    |
| ◇ Hammer Fist         | ◇ Knife Hand Side    |
| ◇ Vertical Punch      | ◇ Reverse Knife Hand |
| ◇ Back Fist           | ◇ Elbow Down         |
| ◇ Palm Heel           | ◇ Elbow Backward     |
| ◇ Knife Hand          | ◇ Elbow Inward       |
| ◇ Inverted Knife Hand | ◇ Elbow Outward      |
|                       | ◇ Spear Hand         |

### Blocks

- ◇ Upward Block
- ◇ Pressing Block
- ◇ U-Shaped Block
- ◇ Kicking Block- Front Kick
- ◇ Kick Block- Side Kick
- ◇ Kicking Block- Outside Crescent
- ◇ Kicking Block- Inside Crescent

### Falls

- ◇ Sky Fall

## Self Defense

- ◇ Knife Attack, Wrist Lock Takedown
- ◇ Overhead Knife Attack, Shoulder Lock Takedown
- ◇ Step through knife attack, (block, break, elbow (kidney), takedown)

## Form

### Jun-Gun

- ◇ 32 moves
- ◇ Jun-Gun assassinated Hiro-Humi Ito, the first Japanese Governor General of Korea. The 32 movements represent the age he was executed in Lui-Shin prison in 1910.

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Senior Blue Belt

*The Sprout Matures into a Plant*

## Techniques

### Blocks

- ◇ Pushing Block
- ◇ W-Shaped Block
- ◇ Reverse Knife Hand Block

### Strikes

- ◇ Crescent Punch
- ◇ Turning Punch
- ◇ Angle Punch

### Kicks (Multi-Directional) *examples*

1. Back Leg Inside Crescent Right 12  
Front Kick Right 12 (without putting down)  
Back Leg Inside Crescent Left 6  
Front Kick Left 6 (without putting down)
2. Spin Hook Right 12  
Knee 45 Right 12  
Spin Hook Left 6  
Knee 45 Left 6
3. Round Kick Right 12  
Front Leg Axe Right 12 (step right leg back)  
Round Kick Left 6  
Front Leg Axe Left 6
4. Spin Side Kick Right 12 (land in sitting stance)  
Low Hook Left 9  
Spin Side Kick Right 12 (land in sitting stance)  
Low Hook Right 3

### Strikes (Multi-Directional) *examples*

1. Knife Hand Right 12  
Inverted Knife Hand Right 12  
Spin Knife Hand Left 6  
Inverted Knife Hand Left 6
2. Upper Cut Right 12  
Elbow Across Left 12  
Upper Cut Left 6  
Elbow Across Right 6

4. Ridge Hand Right 12  
Palm Heel Left 12  
(Step Right Foot Back) Ridge Hand Left 6  
Palm Heel Right 6

## Self Defense

- ◇ Wrist lock, arm lock
- ◇ Back leg round kick defense, circular takedown
- ◇ Double lapel grab, hip throw

## Form

### Toi-Gye

- ◇ 37 moves
- ◇ Toi-Gye was the noted scholar Yi-Hwang. He was an authority on Neo-Confucianism.

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Red Belt

*The Plant is Tested Against the Harsh Sun*

## Techniques

### Kicks (All Ground Kicks)

- ◇ Front Kick
- ◇ Side Kick
- ◇ Round Kick
- ◇ Hook Kick
- ◇ Back Kick
- ◇ Twist Kick
- ◇ Shin Kick

### Strikes

- ◇ Upward Punch

## Self Defense

- ◇ Front Hook Punch
- ◇ Step Back Hook Punch
- ◇ Same side grab hip throw
- ◇ All prior self defense with proficiency.

## Form

None

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

Students will be required to demonstrate combinations of the required techniques

# Senior Red Belt

*The Plant Can Withstand the Drought*

## Techniques

### Kicks & Strikes (Multi-Directional)

#### *examples*

1. Spin Back Side Kick Right 12  
Back Fist Right 3  
Step in Front Round Kick Left 9  
Upper Cut Right 6
2. Front Side Kick Right 3  
Elbow Back Across Right 3  
(Step Right Leg Back) Round Kick Left 9  
Jump Hammer Fist Left 3
3. Spin Knife Hand Left 6  
Jump Front Kick Right 9  
(Step Right Leg Back) Inside Knife 45 Left 3  
(Pivot) Double Palm Heel 12
4. Round Kick Right 12  
Tornado Round Kick Right 9  
Inside Crescent Kick Left 12  
Tornado Inside Crescent Left 3  
Spin (Pivot) Back Fist Left 9
5. Vertical Punch Right 12  
Upper Cut Right 9  
Hook Kick Right 3  
Jump Spin Outside Crescent Kick Right 12
6. Jab-Cross Punch 12  
Back Kick Right 6  
Jump Side Kick Left 9  
Step Thru Side Kick Right 3
7. Outside Crescent Kick Left 12  
Axe Kick Right 12  
Shin Kick Right 9  
Ridge Hand Left 3
8. Twist Kick Right 3  
Knife Hand Left 12  
Dragon Sweep Left 6  
Side Kick (from Ground) Right 9

### Self Defense

- Same Side Grab
- ◇ Inside to Outside
  - ◇ Outside to Inside
  - ◇ Spin Inside
  - ◇ Spin Outside
- Cross Hand Grab
- ◇ Inside to Outside
  - ◇ Outside to Inside
  - ◇ Spin Inside
  - ◇ Spin Outside

### Form

None

### Stripes

- Black Stripes
- ◇ 1st : Techniques for current belt
  - ◇ 2nd: Techniques for all prior belts and current belt
  - ◇ 3rd: Self Defenses for current belt
  - ◇ 4th: Self Defenses for all prior belts and current belt
  - ◇ 5th: Form for current belt
  - ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Brown Belt

*The Plant has Been Replanted to Develop Fully*

## Techniques

### Stances

- ◇ Vertical Stance
- ◇ Ready Stance Type C

### Kicks

- ◇ Flying Front
- ◇ Flying Side
- ◇ Scissor Kick (Twist+Side)
- ◇ Twin Front (Feet Apart)
- ◇ Twin Front (Feet Together)
- ◇ Twin Knee

## Self Defense

- ◇ All prior self-defense with proficiency.

## Form

### Hwa-Rang

- ◇ 29 moves
- ◇ Flowering Manhood: Hwa-Rang was the name given to the 29th infantry comprised of young nobles, who unified the three kingdoms of Korea (Baek Je, Koguryo & Silla).

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Senior Brown Belt

## Techniques

### Kicks and Strikes

- ◇ All Prior with Extremely High proficiency. There should no longer be any questions on how anything is done.

### Blocks

- ◇ Checking Block
- ◇ All Prior with Extremely High proficiency. There should no longer be any questions on how anything is done.

### Take Downs

- ◇ All Prior with Extremely High proficiency. There should no longer be any questions on how anything is done.

## Self Defense

- ◇ All prior self-defense with Extremely High proficiency. There should no longer be any questions on how anything is done.

## Form

### Choong-Moo

- ◇ 30 moves
- ◇ Admiral Hi Sun of the Yi Dynasty. He invented the first armored battleship called the Kobukjson in 1592 A.D. It's nickname was the turtle ship.

## Weapon Form

### Nun Chuk 1

## Stripes

### Black Stripes

- ◇ 1st : Techniques for current belt
- ◇ 2nd: Techniques for all prior belts and current belt
- ◇ 3rd: Self Defenses for current belt
- ◇ 4th: Self Defenses for all prior belts and current belt
- ◇ 5th: Form for current belt
- ◇ 6th: Forms for all prior belts and current belt

### Red Stripe

- ◇ All prior and present material (invited to Graduation)

**Note:** Students are responsible for all prior belt knowledge.

# Black Belt

## Techniques

### Strikes

- ◇ Spear Hand Thrust - 2/1 Fingers
- ◇ Plier- Fist Strike
- ◇ Chicken Beak Strike
- ◇ Bear Claw Strike

### Kicks

- ◇ Jump 360 Inside Crescent Kick
- ◇ Jump 360 Axe Kick
- ◇ Jump 360 Front Kick
- ◇ Jump 360 Side Kick
- ◇ Jump 360 Hook Kick
- ◇ Jump 360 Round Kick

### Takedown

- ◇ Jump Scissor Sweep

### Self Defense

- ◇ One 1-on-1 self defense with attackers using a knife and/or a bat
- ◇ One 1-on-1 self defense (no weapon)

### Form

#### Ge Baek

- ◇ 44 moves
- ◇ Named after the general Ge Baek in the Baek Je dynasty (18 BC—660 AD), who was known for his severe and strict military discipline.

### Weapon Forms

- ◇ Nun Chuck 2
- ◇ Stick 1
- ◇ Bo Staff 1
- ◇ Tonfa 1

Students will be required to demonstrate combinations of the required techniques which will vary at the instructor's request.

**Note:** Students are responsible for all prior belt



# 1st Degree Black Belt

## Techniques

### Kicks

- ◇ Jumping 1 Foot Double Front Kick
- ◇ Jumping 1 Foot Double Side Kick
- ◇ 540 Kick

### Self Defense

- ◇ One 2 on 1 Self Defense scenarios with Attackers using a knife and/or a bat
- ◇ One 2 on 1 Self Defense scenarios with only Attackers
- ◇ One 1 on 1 Self Defense against knife or bat
- ◇ One 1 on 1 Self Defense (no weapons)

### Forms

#### Kwong Ge

- ◇ 39 moves
- ◇ Named after the famous Kwang-Ge-Toh-Wang 19th emperor of the Koguryo dynasty, who regained all of the lost territories including the part of the lost part of Manchuria. The diagram represents the expansion and recovered territory. The 39 movements refer to the first two figures of 391 AD, when he came to the throne.

#### Peo Eun

- ◇ 36 moves
- ◇ Pseudonym of the loyal subject Chong-moong-chu whose famous poem, "I would not sever a second master though I might be crucified a hundred times," is known to every Korean. He was also a pioneer in the world of physics.

### Weapon Forms

- ◇ Stick 2
- ◇ Bo Staff 2
- ◇ Sai 1
- ◇ Boken 1
- ◇ Jo 1

Students will be required to demonstrate combinations of the required techniques which will vary at the instructor's request.

**Note:** Students are responsible for all prior belt knowledge.

# 2nd Degree Black Belt

## Techniques

### Kicks

- ◇ Hand Stand Front Kick
- ◇ Hand Stand Side Kick
- ◇ Hand Stand Round Kick
- ◇ Hand Stand Back Kick
- ◇ Hand Stand Twist Kick

### Self Defense

- ◇ Two 2 on 1 Self Defense scenarios with Attackers using a knife and/or a bat
- ◇ Two 2 on 1 Self Defense scenarios with only Attackers
- ◇ Two 1 on 1 Self Defense against knife or bat
- ◇ Two 1 on 1 Self Defense (no weapons)

### Forms

#### Choong Jang (52 moves)

- ◇ The pseudonym to General Kim Duk Ryang who lived during the Lee dynasty (14th century). The form ends with the left hand to symbolize the tragedy of his death at the age of 27 in prison before full maturity.

#### Juche (45 moves)

- ◇ A philosophical idea that mankind is the master of everything, in other words the master of the world and his/her own destiny. It is said that the idea is rooted in the Baikdu Mountain which symbolizes the spirit of the Korean people.

#### Eui-Am (45 moves)

- ◇ The pseudonym of Son Byong Hi, leader of the Korean independence movements on March 1, 1919. The 45 moves represents the 45 independence movements.

### Weapon Forms

- ◇ Bo Staff 3
- ◇ Tonfa 1
- ◇ Sai 2

Students will be required to demonstrate combinations of the required techniques which will vary at the instructor's request.

**Note:** Students are responsible for all prior belt knowledge.