

Required Curriculum by belt rank

All belts:

- Tuition payment is up to date.
- Grades are satisfactory at school.
- Class Attendance is satisfactory

BEGINNER LEVEL

Minimum Time per Rank: 2 months Mandatory Minimum Number of Classes: 16/rank

White Belt

Fundamental Stances & Techniques

Horse Riding Stance and 10 Count Blocking Drill

Front Stance with Down Block Back Stance with Side Block

Kicking Techniques-In place: Back Stance- Front Kick; Round Kick; Side Kick

One-step Self-Defense: Numbers 1-3, Demonstrated without a partner

White/Orange Belt

Fundamental Stances & Techniques

Horse Riding Stance and 10 Count Blocking Drill

Front Stance with Down Block Front Stance with High Block Back Stance with Side Block

Kicking Techniques: Back Stance- Front Kick; Round Kick; Side Kick; Crescent Kick; Moon-in Kick

Pattern: Ki-Cho. Number of Movements: 20

One-step Self-Defense: Numbers 1-3, Demonstrated without a partner.

Orange Belt

Fundamental Stances & Techniques

Horse Riding Stance and 10 Count Blocking Drill 10-Count Kicking Drill

Riding Stance-Middle Punch

Moving forward and backward: Front Stance * Low Block Back Stance * Side Block Front Stance * High Block

Back Stance * Knife Hand Strike Back Stance * Knife Hand Block

Moving forward, Rear leg: Front Kick; Round Kick; Side Kick; Crescent Kick; Moon Kick

Patterns: Dan Goon.

One-step Self-Defense: Numbers 1-4, Demonstrated without partner.

INTERMEDIATE LEVEL

Minimum Time per Rank: 3 months Mandatory Minimum Number of Classes: 24

Yellow Belt

Fundamentals

Demonstrate Fundamental techniques plus Down Block-Reverse Punch, High Block-Palm Heel, Spin Side Kick

Kicking Combination: Round Kick * Skip Side Kick

Patterns: To San.

One-step Self-Defense: Numbers 1-6; Demonstrated with partner

Green Belt

Fundamentals

Demonstrate Block and Reverse Punch Combinations

Kicking: Front Leg Front Kick; Round Kick; Side kick; Round Kick * Skip Side Kick; Round Kick * Spin Side Kick.

Patterns: Won Hyo.

One-step Self-Defense: Numbers 1-6, Demonstrated with partner

Light-Contact, Controlled Free Sparring

Board Breaking- Demonstrate a Palm Heel Break, Knife Hand Strike or Elbow Break.

Blue Belt

Fundamentals

Hook Kick

Double Kicking: Double Round Kick Round Kick * Side Kick Hook Kick * Round Kick

Patterns: Yul Guk.

One-step Self-Defense: Numbers 1-10

Light-Contact, Controlled Free Sparring

Board Breaking- Demonstrate a Side Kick at your test.

Blue/Purple Belt

Fundamentals:

Double Kicking: Blue Belt Doubles plus:

Round Kick * Crescent Kick

Moon Kick * Side Kick

Patterns: Chun Goon

One-step Self-Defense: 1-10

Light-Contact, Controlled Free Sparring Class

Board Breaking- Demonstrate a Knife Hand Strike and one of the following kicks: Front Kick, Round Kick, or Ax Kick.

ADVANCED LEVEL

Minimum Time per Rank: 4 months Mandatory Minimum Number of Classes: 32

Purple Belt

Fundamentals:

Jump Front Kick Jump Round Kick Jump Side Kick

Patterns: Tei Gei **One-step Self-Defense:** Numbers 1-10 **Light-Contact, Controlled Free Sparring**

Board Breaking- Demonstrate an elbow strike and Skip Side Kick or Hook Kick at your test for Brown Belt

Brown Belt

Fundamentals:

Jump Spin Side Kick Spin Heel Kick Spin Crescent Kick

Patterns: Wha Rang **One-step Self-Defense:** Numbers 1-15 **Light-Contact, Controlled Free Sparring**

Board Breaking- Demonstrate any 2 kicks, one with each leg

Red Belt

Fundamentals: Jump Spin Side Kick; Spin Heel Kick; Spin Crescent Kick; Spin Hook Kick (set foot in front); Flying Side Kick

Patterns: Choong Moo. **One-step Self-Defense:** Numbers 1-20 **Light-Contact, Controlled Free Sparring**

Board Breaking- Demonstrate one of the following: Fore-fist Punch, Inverted Knife Hand Strike, Knife hand strike, or a Ridge Hand Strike and any 2 kicks; one with each leg. One must be a spinning kick.

Red/Black Belt (Black Belt Candidate, Recommended)

Fundamentals:

Any fundamentals requested by Judges

Bag and mitt kicking **Pattern:** Chung Moo **Demonstrate all One-step Self-Defense**

Physical Requirements Push-ups & Sit-ups- 4 sets of 25 **Demonstrate 3 to 5 rounds of Higher-level Free Sparring**

Board Breaking- Demonstrate at your Black Belt Test one of the Following Strikes: Fore-fist Punch, Inverted Knife Hand Strike, Knife hand strike, or a Ridge Hand Strike and any 2 kicks; one with each leg. One must be a spinning kick.

BLACK BELT LEVEL TEST REQUIREMENTS

1st Dan Black Belt

Minimum Time at Rank: 18 months

Forms: Gae Beck; Po Eun; Kwang Gae

One-steps: 1-30

Board Breaking: One of the Following Strikes: Ridge Hand, Forearm Elbow Strike, Rear Elbow Strike, Knife Hand Strike, Fore Fist Punch, Back Fist, Inverted Knife Hand Strike. Any 2 kicks; one with each leg. One must be either a 1.) spin, 2.) jump, 3.) jump scissors, 4.) jump spin, 5.) flying kick, or 6.) flying obstacle kick.

Physical Requirements: 100 Push-ups, Sit-ups.

Minimum Number of Classes: 160

Weapons Form: Demonstrate 1

Free-Sparring

2nd Dan Black Belt Curriculum

Minimum Time at Rank: 2 Years

Forms: Eui Am; Choong Jang; Ko Dang

One-steps: 31-40

Board Breaking: 2 of the Following Strikes (one with each hand): Ridge Hand, Forearm Elbow Strike, Rear Elbow Strike, Knife Hand Strike, Fore Fist Punch, Back Fist, Inverted Knife Hand Strike. Any 2 kicks; one with each leg. One must be either a 1.) spin, 2.) jump, 3.) jump scissors, 4.) jump spin, 5.) flying kick, or 6.) flying obstacle kick.

Physical Requirements : 100 Push-ups, Sit-ups.

Minimum Number of Classes: 208

Weapons Form: Demonstrate 2

Free-Sparring

3rd Dan Black Belt Curriculum

Minimum Time at Rank: 3 Years

Forms: Sam Il; Yoo Sin; Choi Yong

One-steps

Board Breaking: 4 Stations. One break should be executed with each hand and each foot. Power breaks are acceptable. Speed breaks are acceptable. Double Kicks are acceptable but count only as 1 station. Pick 2 of the Following Strikes (one with each hand): Ridge Hand, Forearm Elbow Strike, Rear Elbow Strike, Knife Hand Strike, Fore Fist Punch, Back Fist, Inverted Knife Hand Strike. Pick Any 2 kicks; one with each leg. One must be either a 1.) spin, 2.) jump, 3.) jump scissors, 4.) jump spin, 5.) flying kick, or 6.) flying obstacle kick.

Physical Requirements: 100 Push-ups, Sit-ups.

Minimum Number of Classes: 304

Weapons Form: Demonstrate 3

Free-Sparring

4th Dan Master Black Belt

Minimum Time at Rank: 4 Years

Forms: Yon Gae, Ul Ji, Moon Moo

One-steps

Board Breaking: Same as 3rd Dan

Minimum Number of Classes: 400

Weapons Form: Demonstrate 3

Free-Sparring

Physical Requirements: 100 Push-ups, Sit-ups.

5th Dan Master Black Belt

Minimum Time at Rank: 5 years

Forms: So San, Se Jong, Tong Il

One-steps

Board Breaking: Same as 3rd Dan

Minimum Number of Classes: 496

Weapons Form: Demonstrate 3

Free-Sparring

Physical Requirements: 100 Push-ups, Sit-ups.

6th Dan Master Black Belt

Minimum Time at Rank: 6 Years

Requirements Same as 5th Dan

7th Dan Senior Master Black Belt

Minimum Time at Rank: 7 Years

Testing is optional

8th Dan Senior Master Black Belt

Minimum Time at Rank: 8 Years

Testing is optional

9th Dan Grand Master Black Belt