

No Belt to White Belt Requirements

Questions

What type of martial art do you practice?

Taekwondo.

What does Taekwondo mean?

A practice using your feet, hands, and mind. Or the way of the foot and the fist.

What is the name of your school?

Andrew Gause's Martial Arts

Why do you take Taekwondo?

To develop a strong mind, a strong body, and self-defense techniques.

Why do we bow?

To show appreciation and respect.

When do we bow?

The bow is used anytime and anywhere. Respect is not only shown in the Dojang, but it should be shown everywhere. However, when in the Dojang, we bow: to the flags when entering and leaving the Dojang, and when class starts and ends. To the master instructor, instructors, higher ranking belts, and to other students.

Terminology

English

Uniform

Work Out Area

Instructor

Thank You

1 – 10 (counting)

Korean

Doh Bohk

Doh Jahng

Sah Bum Nihm

Kahm Sa Hahm Nee Dah

Hana, Dool, Set, Net, Dawset, Yawset, Ilgohlp, Yadahl, Ahope, Yohl

Hand Strikes

1) Horse Stance Punching (Single, Double and Triple Punch)

2) Sparring Stance Punching (Single and Double Punch)

Blocking (Either Hand From Sparring Stance)

1) Down Block

2) Face Block

3) Cover Block

Kicks

1) Front Snap

2) Roundhouse

3) Thrusting

4) Rising

5) Jumping Front Snap**

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

White Belt Testing for White Stripe

Questions

Why do we yell in Taekwondo?

To develop strength with concentration, power, and confidence.

Why do we test for tips?

We test to further our knowledge through test preparation and test experience, to gain confidence by performing under pressure, and to let a qualified judge determine our knowledge and abilities.

Terminology

English

Attention

Bow

Ready Position

Belt

Front Stance

Walking Stance

High Ranking Belt

Grandmaster

Korean

Cherry Utt

Kyung Yay

Choon Bee

Dhee

Ahp Coo Bee

Ahp Soh Gee

Sun Bay Nim

Kwan Jah Nim

Hand Techniques

1) Front Stance Down Block, Middle Punch

2) Jab

Kicking

1) Round House Kick, Ax Kick

2) Skip Side Kick, Out to In Crescent Kick

3) Jumping Front Snap Kick (Knee Up Style)**

Form

Kibon Hyung

Experience:

Minimum 10 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

White Stripe Belt testing for Gold Belt

Questions

How has your study of Taekwondo been of benefit to you?

(Answer in your own words).

Terminology

English

Front Snap Kick
Round Kick
Side Kick
Back Kick
Down Block
High Block
Yell
Start/Begin

Korean

Ahp Cha Gee
Dohl Yohl Cha Gee
Yup Cha Gee
Dweet Cha Gee
Ah Ray Makki
Uhl Guhl Makki
Kiahp
She Joch

Hand Techniques

- 1) Front Stance High Block, Face Punch
- 2) Reverse Punch

Kicking

- 1) In to Out Crescent Kick, Side Kick (Same Leg)
- 2) Stepping Round Kick, Round Kick (High Level)
- 3) Jumping Round Kick (Knee Up Style)**

Form

Kibon Hyung Part I & II

Other Requirements

Be Able To Tie Your Own Belt

Experience

Minimum 12 Classes

** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)

Gold Belt Testing for Gold Stripe Belt

Questions

Why do we practice breaking boards?

We practice breaking to develop power, precision, concentration, and to actually test the effectiveness of various techniques.

Why do we use control in free sparring?

We practice control in free sparring to demonstrate mental discipline and physical control of ourselves. It is much more difficult to control one's technique than it is to make contact. Control in free sparring will build self confidence which indicates a strong mind.

Terminology

English

Double Knife Block
Turn Around
Come Back
Flag
Back Stance
Form

Korean

Sun Nahl Makki
Tee Doh Trah
Bah Row
Kuk Key
Dweet Coo Bee
Poom Say

Hand Techniques

- 1) Single Knife Block, Slide to Punch
- 2) Palm Strike

Kicking

- 1) Back Kick, Round Kick
- 2) Skip Round Kick (Fast Kick), Out to In Ax Kick
- 3) Jumping Skip Side Kick**

Form

Taeguk Il Jang

Breaking

1 Target - Palm Strike or Skip Side Kick

Experience:

Minimum 12 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Gold Stripe Belt Testing for Green Belt

Questions

Why is it necessary to practice forms and basic techniques?

Forms and basic techniques build a necessary foundation for achieving coordination, agility, and skill.

How do we concentrate?

We concentrate with our ears, eyes, body and mind.

Terminology

English

Sit Down

Meditation

Rest

Sparring

You're Welcome

Hello, how are you?

Korean

Ahn Jo

Myung Sang

Sheor

Kyroogi

Chum Ma Nayo

Ahn Young Ha Shim Nee Kah

Hand Techniques

1) Face Block, Middle Punch (Vertical Fist)

2) Double Punch

Kicking

1) Round Kick, Spinning Round Kick

2) Stepping In to Out Ax Kick, Back Kick

3) Defensive Jumping Round Kick (Paday Chagee)**

Form

Taeguk Ee Jang

Breaking

2 Targets - Palm Strike & Skip Side Kick

Physical Fitness

Push-Ups (Male – 10, Female – 8)

Sit-Ups 30 (Male & Female)

Show Proper Technique (Hurdler & Butterfly Stretch)

Experience

Minimum 16 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Green Belt Testing for Green Stripe

Questions

What is your goal in Taekwondo?

(Answer in your own words).

Terminology

English

Horse Stance

Elbow Strike

Neck Chop

Switch Feet

Board Breaking

Double Punch

Korean

Ja Choom Soh Gee

Ball Guhp Chee Gee

Mohk Chee Gee

Ball Ba Kwa Soh

Kyuk Pah

Dew Bohn Jeer Uh Gee

Hand Techniques

1) Double Knife Block, Slide to Palm Strike

2) Elbow Strike

Kicking

1) Hook Kick, Round Kick

2) Walking Back Kick, Snapping Ax Kick

3) Jumping Back Kick**

Form

Taeguk Sam Jang

Board Breaking

1 Target - Elbow Strike or Ax Kick

Physical Fitness

Continuous Round Kicks (Bouncing Style) 30 Each Leg (60 Total)

Experience:

Minimum 24 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Green Stripe testing for Blue Belt

Questions

Why is stretching important and necessary for Taekwondo?

Stretching exercises are necessary because flexibility (the result of stretching) promotes youthful agility and a sense of well being. In Taekwondo, flexibility allows greater speed in execution of techniques and a greater range of possible targets on a opponent.

Terminology

English

Back Fist
Chest Guard
Blue
Red
Stop
End
Continue

Korean

Duhn Ja Mohk
Ho Goo
Chong
Hong
Kahl Yeo
Goman
Kay Soh

Hand Techniques

- 1) Inner Wrist Block, Middle Punch
- 2) Hammerfist (sideways)

Kicking

- 1) Skip Side Kick, Skip Hook Kick
- 2) Cut Kick, Back Kick
- 3) Jumping Side Kick (Rear Leg)**

Form

Taeguk Sa Jang

Breaking

2 Targets - Elbow Strike & Ax Kick

Physical Fitness

Push-Ups (Male 15, Female 12)
Sit-Ups 40 (Male & Female)
Show Proper Technique (Deep Front Stance, Flat and Ball of Foot)

Other Requirements

Know How To Tie A Chest Guard

Experience

Minimum 24 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Blue Belt Testing for Blue Stripe

Questions

What part of the foot is used for each kicking technique?

- Front kick -> ball of foot or instep.
- Roundhouse kick -> instep/top of the foot.
- Side/Back kick -> bottom of heel.
- Ax kick -> back of heel or sole of foot.
- Hook -> back of heel or sole of foot.
- In out/out in kick -> side of foot.

Terminology

English

Inner Wrist Block
Outer Wrist Block
Back Hook Kick
Jump Front Kick
Jump Round Kick
Jump Side Kick
Jump Back Kick

Korean

Ahn Palmok Makki
Bakat Palmok Makki
Dweet Hoh Yoh Cha Gee
Eedahn Ahp Cha Gee
Eedahn Dohl Yohl Cha Gee
Eedahn Yup Cha Gee
Eedahn Dweet Cha Gee

Hand Techniques

- 1) Outer Wrist Block, Palm Strike
- 2) Backfist

Kicking

- 1) Back Hook Kick, Round Kick
- 2) Ahp Bahl (Front Leg Round Kick), Switching Feet Back Kick
- 3) Flying Side Kick**

Form

Taeguk O Jang

Breaking

2 Targets
Chop or Round Kick
1 Technique Of Your Choice

Physical Fitness

Continuous Round Kicks (Bouncing Style) 40 Each Leg (80 Total)
Rising Kick (Toes Clear The Top Of The Head) (Over 30 Years Old At Instructors' Discretion)

Experience:

Minimum 30 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Blue Stripe testing for Brown Belt

Questions

Why do we meditate?

We meditate to develop spiritual energy. It helps us to achieve deeper insight, greater awareness, and a feeling of calm and relaxation.

Terminology

English

Ridge Hand
Hammer Fist
Palm Strike
Reverse Punch
Ax Kick
Rising Kick

Korean

Yuk Soh
May Ju Mohk
Batang Sohn
Bahn Day Jeer uh Gee
Chiga Cha Gee
Bahl Ahl Yohl Cha Gee

Hand Techniques

- 1) Palm Block, High Punch
- 2) Reverse Elbow Strike

Kicking

- 1) Round Kick, Walking Back Hook Kick
- 2) Fake Front/Round Kick, Round Kick, Round Kick
- 3) Jumping Ax Kick**

Form

Taeguk Yuk Jang

Breaking

- 3 Targets
- Chop
- Round Kick
- 1 Technique Of Your Choice

Physical Fitness

- Push-Ups (Male 20, Female 16)
- Sit-Ups 50 (Male & Female)
- Show Proper Technique (Splits Seated)

Experience

Minimum 30 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Brown Belt testing for Brown Stripe

Questions

What are the 5 tenets of Taekwondo?

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

Who is a winner?

A person with a positive personality.

Terminology

English

Tiger Stance

Spreading Block

Middle Block

Single Knife Block

Life Energy

Center of Life Energy

Korean

Buhm Suh Gee

Hecho Makki

Mum Tung Makki

Han Sun Nahl Makki

Ki

Dohn John

Hand Techniques

1) Palm Block Down, Slide into Punch

2) Reverse Chop

Kicking

1) Round Kick, Double Round Kick

2) Fast Kick, Jump Back Kick

3) Walking Jump Spin Round Kick**

4) Flying Back Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Brown Belt 1 - 2

Form

Taeguk Chil Jang

Breaking

3 Targets

Punch or Jump Side Kick or Jump Back Kick

2 Techniques Of Your Choice

Physical Fitness

Continuous Round Kicks (Bouncing Style) 50 Each Leg (100 Total)

Rising Kick (Heel Clears The Top Of The Head) (Over 30 Years Old At Instructors' Discretion)

Experience:

Minimum 36 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Brown Stripe testing for Red Belt

Questions

What benefits do you get from Taekwondo?
(Answer in your own words).

Terminology

English

Class Dismissed
Self Defense Techniques
Gold Belt Form
Gold Stripe Form
Green Belt Form
Green Stripe Form
Blue Belt Form
Blue Stripe Form
Brown Belt Form
Brown Stripe Form

Korean

Suh Rhun Kuht
Ho Shin Sool
Taeguk Il Jang
Taeguk Ee Jang
Taeguk Sam Jang
Taeguk Sa Jang
Taeguk O Jang
Taeguk Yuk Jang
Taeguk Chil Jang
Taeguk Pahl Jang

Hand Techniques

- 1) Spreading Block, Double Palm Strike
- 2) Ridge Hand

Kicking

- 1) Spin Kick, Round Kick
- 2) Jumping Ax Kick, Slide Away Round Kick (Paday Chagee)
- 3) Jump Skip Hook Kick**
- 4) Jump Spin Round Kick (Naram Bam)**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Brown Stripe Belt 1 - 2

Form

Taeguk Pahl Jang

Breaking

- 4 Targets
- Jump Side Kick or Jump Back Kick
- Punch
- 2 Techniques Of Your Choice

Physical Fitness

- Push-Ups (Male 30, Female 20)
- Sit-Ups – 60
- Show Proper Technique (Splits)

Experience

Minimum 36 Classes

** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)

Red Belt testing for Red Stripe

Terminology

No Belt – Gold Stripe

Hand Techniques

- 1) Spreading Block, Double Neck Chop
- 2) Hook Punch

Kicking

- 1) No Belt – Gold Stripe
- 2) Jump Back Hook Kick**
- 3) Split Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Red Belt 1 - 2

Forms

Kibon Hyung Parts I & II
Taeguk Il Jang
Taeguk Ee Jang
Koryo Part I

Breaking

2 Targets
Power Hand Technique (2 Boards Minimum)
Hook Kick

Breakfall

Front Fall (Shown with Terminology)

Experience

Minimum 20 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

Red Stripe testing for Poom Belt

Terminology

Green – Blue Belt

Hand Techniques

- 1) Down Block, High Block/Middle Punch (vertical fist)
- 2) Uppercut

Kicking

- 1) Green Belt – Blue Belt
- 2) Jump Back Hook Kick**
- 3) Split Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Red Stripe Belt 1 - 3

Forms

Taeguk Sam Jang

Taeguk Sa Jang

Taeguk O Jang

Koryo

Breaking

3 Targets

Speed Break

Skip/Jump Side Kick (3 Board Minimum)

Front Snap Kick (Ball of Foot)

Break Fall

Back Fall (Shown with Terminology)

Experience

Minimum 20 Classes

** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)

Poom Belt testing for 1st Dan Black Belt

Terminology

No Belt – Brown Stripe

Hand Techniques

- 1 - Double Wrist Block, Downward Elbow Strike
- 2 - Tiger Paw Punch
- 3 - All previous techniques

Kicking

- 1) White Belt – Brown Stripe
- 2) Jump Back Hook Kick**
- 3) Split Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Your Choice of 4 (from previous belts)

Forms

Taeguk Yuk Jang

Taeguk Chil Jang

Taeguk Pahl Jang

Koryo

Breaking

5 Targets

Speed Break

Power Hand Technique (2 Boards Minimum)

Hook Kick

Skip/Jump Side Kick (3 Boards Minimum)

Front Snap Kick (Ball of Foot)

Physical Fitness

Push-Ups (Male 50, Female 25)

Sit-Ups – 75 (Male & Female)

Continuous Round Kicks (Bouncing Style) 75 Each Leg (150 Total)

Rising Kick (Leg Straight Up) (Over 30 Years Old At Instructors' Discretion)

Show Proper Technique (Single Leg Stretch)

Side Fall

Sparring

Minimum 5 Rounds (Consecutive) 2 Minutes Per Round

Essays

Subjects Given With Graduation Form

Experience

Minimum 80 Classes As A Red Belt

1st Dan to 8th Gup Black Belt

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Crane Stance Low/High Block, Elbow/Punch
- 2) Quick Step Palm Strike
- 3) All Previous Requirements

Kicking

- 1) Penetrating Side Kick, Penetrating Cut Kick
- 2) Switch Feet, Fast Kick, Flying Back Kick
- 3) Tornado Ax**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

- Grab (1 – 3)
- Knife (1 – 3)
- Takedown (1)

Forms

Rotating Curriculum Will Include One Of The Following Forms;
(Keumgang, Palgwe Il & Ee, Taebek, Palgwe Sam & Sa)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

- Push-Ups (Male – 50, Female – 25)
- Sit-Ups – 75 (Male & Female)
- Consecutive Round Kicks 150 (75 Each Leg)

Experience

Minimum 36 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

8th Gup to 6th Gup Black Belt

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) High Block Neck Chop, Rolling Back Fist
- 2) Jab, Reverse, Hook
- 3) All Previous Requirements

Kicking

- 1) Fake Fast Kick, Flying Back Kick
- 2) Round Kick, Jump Spin Round Kick
- 3) Jump Round Kick (Front Leg Up, Rear Leg Kick**)
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Grab (1 – 6)

Knife (1 – 6)

Forms

Rotating Curriculum Will Include One Of The Following Forms;

(Keumgang, Palgwe Il & Ee, Taebek, Palgwe Sam & Sa)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

Push-Ups (Male – 50, Female – 25)

Sit-Ups – 75 (Male & Female)

Consecutive Round Kicks 150 (75 Each Leg)

Experience

Minimum 36 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

6th Gup to 4th Gup Black Belt

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Mountain Block, Low Reverse Elbow
- 2) Jab, Reverse, Duck, Hook
- 3) All Previous Requirements

Kicking

- 1) Back Kick, Back Hook Kick
- 2) Fast Kick, Front Leg/Skip Hook
- 3) Jumping In To Out Kick**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Being Pushed (1 – 2)

Knife (7 – 8)

Takedown (2 – 3)

Forms

Rotating Curriculum Will Include One Of The Following Forms;

(Keumgang, Palgwe Il & Ee, Taebek, Palgwe Sam & Sa)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

Push-Ups (Male – 50, Female – 25)

Sit-Ups – 75 (Male & Female)

Consecutive Round Kicks 150 (75 Each Leg)

Experience

Minimum 36 Classes

** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)

4th Gup to 2nd Gup Black Belt

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Double Down Block, Double Reverse Neck Chop
- 2) Uppercut Elbow
- 3) All Previous Requirements

Kicking

- 1) Fast Kick, Naram Bam, Back Hook
- 2) Fast Kick, Fast Double Round Kick
- 3) Jumping Out To In**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Bear Hug (1 – 5)

Hook Punch (1 – 2)

Knife (9 – 10)

Forms

Rotating Curriculum Will Include One Of The Following Forms;

(Keumgang, Palgwe Il & Ee, Taebek, Palgwe Sam & Sa)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

Push-Ups (Male – 50, Female – 25)

Sit-Ups – 75 (Male & Female)

Consecutive Round Kicks 150 (75 Each Leg)

Experience

Minimum 36 Classes

** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)

1st Dan 2nd Gup to 2nd Dan Black Belt

Terminology, Knowledge

All Previous Terms and Knowledge

Essay – (In What Ways Have You Changed As A Person & Martial Artist Since Earning 1st Dan)

Read 1 Book On Taekwondo (See Instructor For Recommendations Or For Approval)

Hand Techniques

- 1) Neck Chop, Knife Hand Down Block, Middle punch
- 2) Jab, Reverse, Elbow Strike
- 3) All Previous Hand Techniques

Kicking

- 1) Front Kick/Side Kick (Same Leg In The Air), Jumping Back Kick
- 2) Back Kick, Jump Spin Round Kick
- 3) Flying Back Hook**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Grab (1 – 6)

Knife (1 – 10)

Takedown (1 – 3)

Being Pushed (1 - 2)

Bear Hug (1 – 5)

Hook Punch (1 – 2)

Forms

Koryo, Keumgang, Taebek, Palgwe Il, Ee, Sam & Sa

Breaking

1 Power Hand (2 Boards Minimum)

1 Penetrating Cut Kick (2 Boards Minimum)

1 Speed Hand

1 Speed Foot

2 Techniques Of Your Choice

Physical Fitness

Push-Ups (Male – 60, Female – 35)

Sit-Ups – 85 (Male & Female)

Consecutive Round Kicks 200 (100 Each Leg)

Experience

Minimum 30 Months As 1st Dan (unless approved by Master Instructor)

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

2nd Dan Black Belt to 8th Gup

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Double Side Block Walking Stance , Reverse Elbow
- 2) Jab, Reverse, Hook, Uppercut
- 3) All Previous Requirements

Kicking

- 1) Skip Ax, Step Back, Double Round
- 2) Fake In To Out, Round
- 3) All Jump Front & Side Kicks**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

- Bat Defense (1 – 2)
- Takedown (4 – 5)
- Bull Rush (1)
- Being Pushed (3)

Forms

Rotating Curriculum Will Include One Of The Following Forms;
(Palgwe O & Yuk, Chil & Pahl, Pyongwon, Creative)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

- Push-Ups (Male – 60, Female – 35)
- Sit-Ups – 85 (Male & Female)
- Consecutive Round Kicks 200 (100 Each Leg)

Experience

Minimum 64 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

2nd Dan 8th Gup to 6th Gup

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Front Stance Rear Hand Knife Block, Rib/Head Punch (Same Hand)
- 2) Jab, Reverse, Duck, Uppercut
- 3) All Previous Requirements

Kicking

- 1) Lead Leg Slide, Rear Round, Draw Step Ax, Slide Back, Back Hook
- 2) Broken Rhythm Back Kick, Double Round
- 3) All Jump Round Kicks**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Grab (7 – 12)

Gun (1 – 3)

Forms

Rotating Curriculum Will Include One Of The Following Forms;

(Palgwe O & Yuk, Chil & Pahl, Pyongwon, Creative)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

Push-Ups (Male – 60, Female – 35)

Sit-Ups – 85 (Male & Female)

Consecutive Round Kicks 200 (100 Each Leg)

Experience

Minimum 64 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

2nd Dan 6th Gup to 4th Gup

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Double Knife, High Block Palm Strike
- 2) Thumbstrike
- 3) All Previous Requirements

Kicking

- 1) Skip Cut, Head Round
- 2) Cut Step Fake, Jump Round (Rear Leg), Switch Back, Same Leg Round
- 3) All Jumping Back Kicks**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

- Full Nelson
- Head Lock
- Arm Bar
- Both Arms Hooked
- Leg Being Held
- Escape From Mounted Position

Forms

Rotating Curriculum Will Include One Of The Following Forms;
(Palgwe O & Yuk, Chil & Pahl, Pyongwon, Creative)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

- Push-Ups (Male – 60, Female – 35)
- Sit-Ups – 85 (Male & Female)
- Consecutive Round Kicks 200 (100 Each Leg)

Experience

Minimum 64 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

2nd Dan 4th Gup to 2nd Gup

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Jab, Grab and Elbow Smash (Sliding Forward)
- 2) Roll, Low/High Hook
- 3) All Previous Requirements

Kicking

- 1) 45 Degree Skip Back/Cover Round, Reset, Jump Back Kick
- 2) Exaggerated Switch, Back Hook
- 3) All Jumping Hook and Crescent Kicks**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Being Choked (1 – 5)

Gun (4 – 6)

Takedown (6 – 8)

Forms

Rotating Curriculum Will Include One Of The Following Forms;

(Palgwe O & Yuk, Chil & Pahl, Pyongwon, Creative)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

Push-Ups (Male – 60, Female – 35)

Sit-Ups – 85 (Male & Female)

Consecutive Round Kicks 200 (100 Each Leg)

Experience

Minimum 64 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

2nd Dan 2nd Gup to 3rd Dan Black Belt

Terminology, Knowledge

All Previous Terms and Knowledge

Essay – (What Does Martial Arts Mean To You, How Have You Benefited From It, How Will You Give Back To It?)

Read: Karate – Do (Written Report On How It Relates To You As A Person And A Martial Artist)

Hand Techniques

- 1) Cover with left hand, high palm with right
- 2) Reverse Punch (Body) Uppercut
- 3) All Previous Requirements

Kicking

- 1) Double Kick (Round, Ax)
- 2) Double Skip Back, Jump Back Kick
- 3) All Jumping Kicks)**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

- Grab (1 – 12)
- Takedown (1 – 8)
- Gun (1 – 6)
- Bat Defense (1 – 2)
- Bull Rush (1)
- Full Nelson
- Headlock
- Arm Bar
- Both Arms Hooked
- Leg Being Held
- Mounted Position
- Being Pushed (1 - 3)
- Being Choked (1 - 5)

Forms

All Previous Forms

Breaking

6 Targets - Self Held/Drop Punch or Chop, Front Kick (Ball Of Foot), Penetrating Cut Kick (3 Boards Minimum), Cement Break, 1 Random (Instructor's Choice) 1 Technique Of Your Choice

Weapons

Proficiency With A Weapon
(1 Form and 5 Self Defense Techniques (1-Steps))

Physical Fitness

Push-Ups (Male – 75, Female – 50)
Sit-Ups – 100 (Male & Female)
Consecutive Round Kicks 300 (150 Each Leg)

Experience

3 Years As 2nd Dan Black Belt (Unless Approved By Master Instructor)

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

3rd Dan Black Belt to 4th Dan Black Belt (Master)

Terminology/Knowledge

All Previous Terms and Knowledge

3 Books Of Your Choice That Relate To Martial Arts (Must Be Approved)

Understanding Of Taekwondo History, Philosophy And Other Martial Arts

Hand Techniques

1 Year Dedicated To Each Subject Area

- No Belt - Red Belt Techniques 1st Dan - 2nd Dan
- Techniques/Strikes of Choice (May Include Blocking Sequence) Conditioning

All Previous Requirements

Kicking

1 Year Dedicated To Each Type Of Kick (As Many Variations As Possible)

- Round Kicks Thrusting Motion (Thrust, Side, Back)
- Ax/Crescent (Straight Leg) Hook Kicks

All Previous Requirements**

Self Defense Techniques (Ho Shin Sool)

Bull Rush (2)	Straight Punch
Punch From Side	Double Punch
Choke (1 - 5)	Hook Punch (3 - 5)
Takedown (9 - 12)	Gun (7 - 8)
Grab (13)	All Previous Requirements

Forms

1 Year Dedicated To Certain Forms

Taeguek	Palgwe
Koryo, Keumgang, Taebek	Pyongwon, Sipjin

Breaking

Self Held/Drop Punch Or Chop	Cement Break
Penetrating Cut Kick (4 Boards Minimum)	
1 Technique (Instructor's Choice)	2 Techniques Of Your Choice

Weapons

Proficiency With Weapons - 2 Weapons (1 Form And 5 Self Defense Techniques Each)

Physical Fitness

Push-Ups (Male – 85, Female – 50)
Sit-Ups – 200 (Male & Female)
Consecutive Round Kicks (5 Minutes)

Experience

Minimum 4 Years As 3rd Dan (Unless Approved By Master Instructor)

Tips Will Not Be Earned, A White Stripe Will Be Placed On The End Of The Belt At The End Of The 1st, 2nd And 3rd Years To Signify Time Completed As A 3rd Dan

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**

4th Dan (Master) - 8th Dan (Grand Master)

Once someone reaches the rank of 4th Dan (Master), their training becomes personalized and not curriculum driven. Outside of a new form, the Master should consult their instructor for guidance in their training.

Rank	Form
4 th Dan	Jitae
5 th Dan	Cheonkwon
6 th Dan	Hansoo
7 th Dan	Ilyo

Consult your Instructor for all other requirements