



BLACK BELT CURRICULUM

REQUIRED FOR PROMOTION TO THE FOLLOWING RANK:

Yellow Belt	Green Stripe	Green Belt	Blue Stripe	Blue Belt	Red Stripe	Double Red Stripe	Red Belt	Black Stripe	Double Black Stripe	Black Belt
Stances: Ready, Attention, Forward & Kicking Blocks: Knifehand, Reverse Strikes: Knifehand, Down & Knifehand Kicks: Face, Body, Back, Side & PUNCHES Stances: Front snap, Front rising, Crescent, Foot-to-foot side & Roundhouse Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Kibon, Poomse I One-Step Sparring: 1-3 Form: Kibon, Poomse II	Stances: Basic Blocks: Knifehand Strikes: Knifehand, Reverse Kicks: Basic kicks Back, Side & Axe kick Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Kibon, Poomse II Board Breaking: Side Kick	Stances: Walking Blocks: Inside body & Inside palm Strikes: Elbow Kicks: Skip-in roundhouse & Jumping front snap kick Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Tae Geuk 1 Board Breaking: Side Kick	Stances: All basic stance Blocks: All basic blocks Strikes: All basic punches Kicks: Back kick Free Sparring: Understanding distance in sparring One-Step Sparring: 1-3 Form: Tae Geuk 2 Board Breaking: Back Kick	Stances: Back Blocks: Knifehand Strikes: Reverse knifehand Other: Basic falls & foot work Kicks: Turning behind roundhouse kick Free Sparring: Understanding distance in sparring One-Step Sparring: 1-3 Form: Tae Geuk 3 Board Breaking: Back Kick	Blocks: Double knifehand Strikes: Spear finger & Back fist Kicks: Jumping roundhouse kick Free Sparring: Understanding counter-attacks in sparring Self-Defense: Single wrist grabs 1-3 Form: Tae Geuk 4 Board Breaking: Spinning Kick	Stances: Jumping cross Blocks: Combination body Strikes: Hammer fist, Back fist & Inside elbow Kicks: Jumping double roundhouse kick Free Sparring: Understanding counter-attacks in sparring Self-Defense: Double wrist grabs 1-3 Form: Tae Geuk 5 Board Breaking: Spinning Kick	Stances: Parallel Blocks: Knifehand outside face, Outside high Strikes: single forearm & Crossing palm Kicks: Jumping turning behind roundhouse kick Free Sparring: Understanding timing in sparring Self-Defense: Front wrist grabs 1-3 Form: Tae Geuk 6 Board Breaking: One hand technique & Spinning kick	Stances: Tiger Blocks: Scissor, Low X & Spreading Kicks: Jumping back kick & Jumping flying side kick Free Sparring: Understanding timing in sparring Self-Defense: Back shoulder grabs 1-3 Form: Tae Geuk 7 Board Breaking: One hand technique & Spinning kick	Stances: All stances Blocks: Double fist & Half mountain Strikes: Uppercut Kicks: Jumping 360 back kick & Jumping turning behind axe kick Free Sparring: Understanding strategy in sparring Self-Defense: Front grabs 1-3 Form: Tae Geuk 8 Board Breaking: One jumping technique & Spinning kick	All requirements from all previous belts Stances: All stances Strikes: All strikes Kicks: All strikes Free Sparring: Understanding all sparring skills Self-Defense/One-Step Sparring: Choreographed Form: All Tae Geuk demonstrated at random Board Breaking: 3-station board breaking Essay: Leadership Black Belt Philosophy: Leadership



BLACK STRIPE PERSONAL RECORD

ADVANCEMENTS:

	DATE
PROMOTION TO BLACK STRIPE	
GREEN TIP	
WHITE TIP	
BLUE TIP	
YELLOW TIP	
BLACK TIP	

AWARDS:

DATE	TYPE	COMMENTS

TOURNAMENTS:

DATE	LOCATION	FORMS	SPARRING	BOARD BREAKING

DEMONSTRATIONS:

DATE	LOCATION	TECHNIQUES	NOTES

TIPS & TIME REQUIREMENTS

FIVE TIPS

GREEN TIP: Children – Knowledge and proper execution of first half of Form (*Tae Geuk Pal Jang*).
Adults – Memorization of entire form.

WHITE TIP: Knowledge and proper execution of entire form.

BLUE TIP: Knowledge and proper execution of kicking techniques.

YELLOW TIP: Knowledge and proper execution of all three self-defense techniques.

BLACK TIP (Testing Readiness): Knowledge and proper execution of all belt testing requirements as listed below including strategy in sparring.

Note: The instructors review student's progress on an ongoing basis in order to determine their eligibility for tips.

TIME: Average 3 – 6 months based on student's attendance, proficiency, and technical understanding

TESTING FOR DOUBLE BLACK STRIPE

Student must have all five tips and meet the minimum time requirements.

TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Pal Jang* (Form)
- Black Stripe Self-Defense 1–3
- No-Contact Free Sparring
- Board Breaking With Spinning Kick and With Any Jumping Technique

ITEMS YOU MUST BRING:

- ☐ Completed Testing Application (two days in advance of testing)
- ☐ Testing Fee (two days in advance of testing)
- ☐ One-Page Essay: The Importance of Responsibility in Tae Kwon Do
- ☐ Safety Gear for Sparring
- ☐ Attendance Card

RESPONSIBILITY

"Do the right thing"

책임감



MASTER YOO'S
"Building Skills For Life"

BLACK BELT PHILOSOPHY

RESPONSIBILITY

"Men grow by making decisions and assuming responsibility for them." - Bill Marriot Sr.

"The price of greatness is responsibility." - Winston Churchill

"The time is always right to do what is right." - Martin Luther King, Jr.

"In the long run we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." - Eleanor Roosevelt

"Human happiness and responsibility to others are inseparably connected." - George Washington

MARTIAL ARTS PERSPECTIVE

As a high ranking Tae Kwon Doist, you should be aware of the following responsibilities:

RESPONSIBILITIES TO YOUR JUNIOR BELTS

Throughout your Tae Kwon Do career, there was probably someone besides the instructors who helped make your training more enjoyable, or better in some way. Very likely that person was a senior belt. Red belt responsibilities include: Assisting in instruction (which is valuable for remembering lower belt curriculum and refining your own skills), and setting an example of respect, effort, sincerity, and perseverance when you train. As a senior belt to others, you are able to command respect, but it is far better (and more lasting) if you earn it.

RESPONSIBILITIES TO YOUR SENIORS AND INSTRUCTOR

After years of being a student, you may now realize just how difficult instructing others can be. It is important to continue to show respect to your seniors and be humble, even as your skills advance.

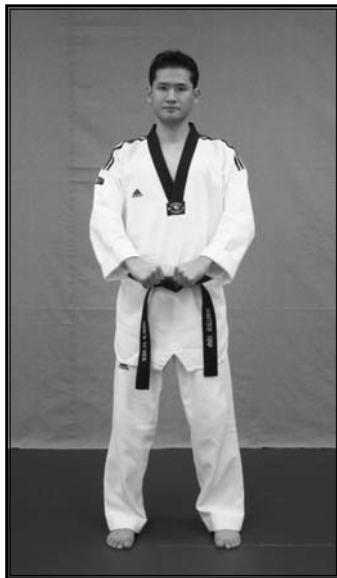
RESPONSIBILITIES TO YOUR SCHOOL AND YOUR ART

As you approach Black Belt status, it is important to remember that you are a representative of Master Yoo's World Class Tae Kwon Do and of Tae Kwon Do as a whole. Don't be surprised if non-martial artists look to you for your opinion of martial arts topics and events. Continuously make a strong effort to carry yourself with the confidence, pride, and sincerity that is representative of your training. Also look for opportunities to promote Tae Kwon Do and your school and therefore to share the benefits of Tae Kwon Do with more people.

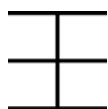
LIFE SKILL PERSPECTIVE

Responsibility throughout all areas of one's life builds admiration and respect from others. Be dependable, keep your word, and be timely in your commitments. By consistently setting a responsible example, you can encourage co-workers or family members to do the same.

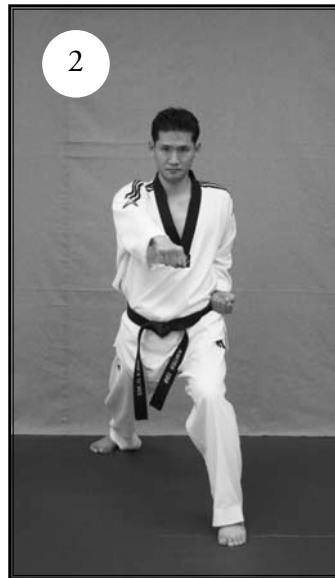
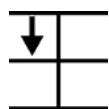
FORM: *TAE GEUK PAL JANG*



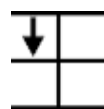
• READY STANCE



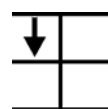
• BACK STANCE
• DOUBLE FIST BLOCK



• FORWARD STANCE
• MIDDLE PUNCH



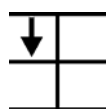
• RIGHT FOOT FRONT
SNAP KICK



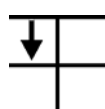
Do not bob up and down or stop between steps.
The movements of your form should be fluid.



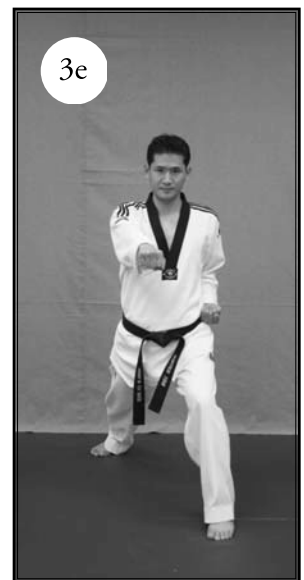
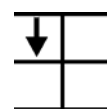
• JUMPING



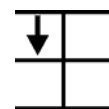
• LIFT JUMP
FRONT SNAP KICK
• *KIHAP*



• FORWARD STANCE
• INSIDE BODY BLOCK

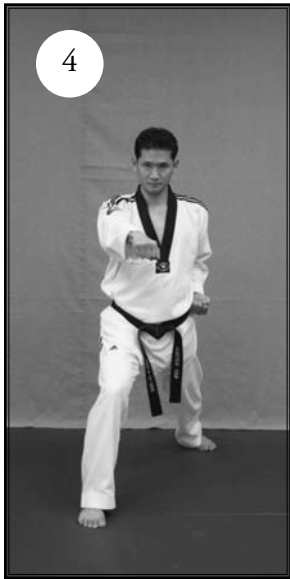
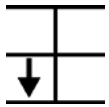


• FORWARD STANCE
• MIDDLE PUNCH

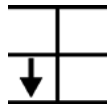




- FORWARD STANCE
- MIDDLE PUNCH



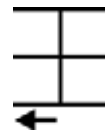
- FORWARD STANCE
- MIDDLE PUNCH



- MOUNTAIN STANCE
- MOUNTAIN BLOCK



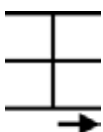
- FORWARD STANCE
- UPPERCUT PUNCH



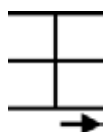
Break down complicated moves into smaller parts
to make practicing them easier.



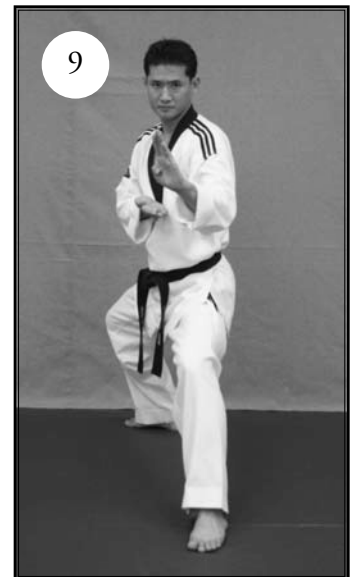
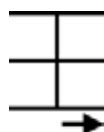
- CROSS STANCE



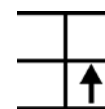
- MOUNTAIN STANCE
- MOUNTAIN BLOCK



- FORWARD STANCE
- UPPERCUT PUNCH

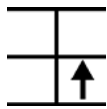


- BACK STANCE
- DOUBLE KNIFEHAND BLOCK

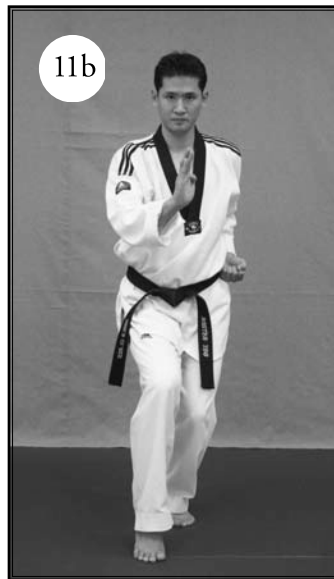
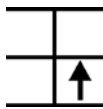




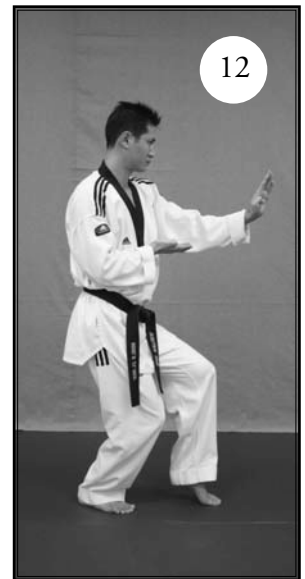
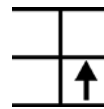
- FORWARD STANCE
- MIDDLE PUNCH



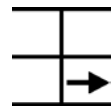
- FRONT SNAP KICK



- TIGER STANCE
- PALM BLOCK



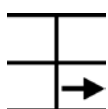
- TIGER STANCE
- DOUBLE KNIFEHAND BLOCK



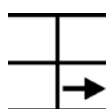
RESPONSIBILITY



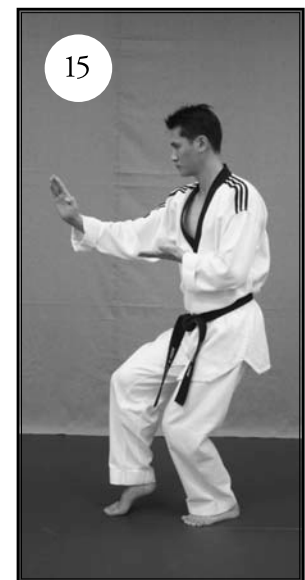
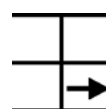
- FRONT SNAP KICK



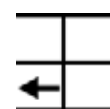
- FORWARD STANCE
- MIDDLE PUNCH



- TIGER STANCE
- PALM BLOCK

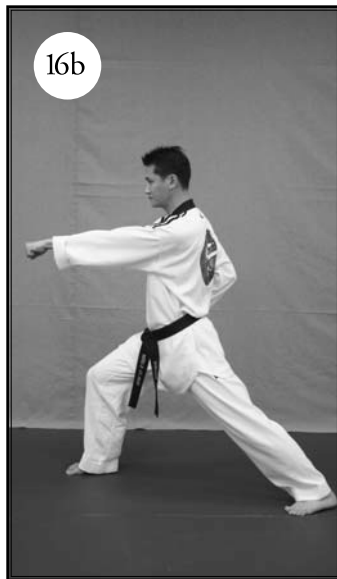
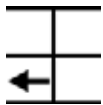


- TIGER STANCE
- DOUBLE KNIFEHAND BLOCK

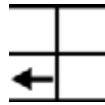




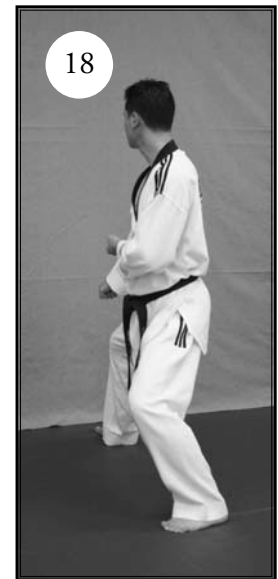
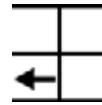
• FRONT SNAP KICK



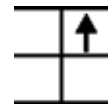
• FORWARD STANCE
• MIDDLE PUNCH



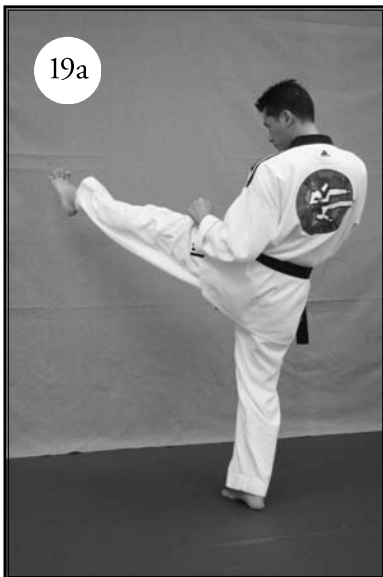
• TIGER STANCE
• PALM BLOCK



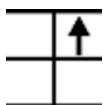
• BACK STANCE
• LOW DOUBLE FOREARM BLOCK



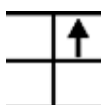
Repetition is crucial to creating a better form.



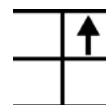
• FRONT SNAP KICK



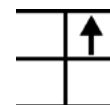
• JUMP FRONT SNAP KICK
• KIHAP



• FORWARD STANCE
• INSIDE BODY BLOCK



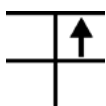
• FORWARD STANCE
• MIDDLE PUNCH





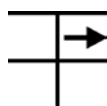
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- FORWARD STANCE
- MIDDLE PUNCH



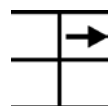
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- BACK STANCE
- KNIFEHAND BLOCK



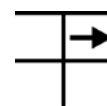
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- FORWARD STANCE
- ELBOW STRIKE



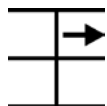
22

- FORWARD STANCE
- BACKFIST STRIKE



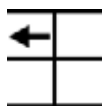
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- FORWARD STANCE
- MIDDLE PUNCH



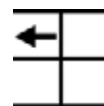
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- BACK STANCE
- KNIFEHAND BLOCK



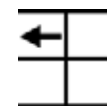
25

- FORWARD STANCE
- ELBOW STRIKE



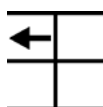
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- FORWARD STANCE
- BACKFIST STRIKE

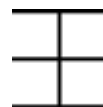


27

- FORWARD STANCE
- MIDDLE PUNCH



- READY STANCE



SELF-DEFENSE

AGAINST VARIOUS GRABS FROM THE FRONT

NUMBER 1

Attacker: Grab top of partner's hair with your right hand.

Response: Right foot front snap kick to attacker's groin, left foot step forward, right hand face block.

Left hand cross over attacker's arm to form a triangle lock.

Right hand grab attacker's wrist, left hand grab your own wrist.

Right foot step behind attacker (sweeping) while pulling attacker to the ground.

Hold attacker's right elbow down. Release hold, right hand face punch, *Kihap*.



NUMBER 2

Attacker: Grab partner's chest with your right hand.

Response: Grab attacker's wrist with both of your hands from underneath.

Left foot step forward while turning your back to attacker and bringing both hands over your head.

Drop left knee down and pull attacker's arm throwing them to the floor.

Right hand face punch, *Kihap*.

NUMBER 3

Attacker: Grab partner's belt with your right hand in an overhand grip.

Response: Left foot step forward while right hand grabs attacker's hand.

Apply pressure to attacker's elbow with your left knifehand while stepping back with your right foot pressing them to the ground, *Kihap*.

