



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



# BLUE BELT PERSONAL RECORD

## *ADVANCEMENTS:*

	DATE
PROMOTION TO BLUE BELT	
GREEN TIP	
WHITE TIP	
RED 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 Sah Jang*).  
Adults – Memorization of entire form.

**WHITE TIP:** Knowledge and proper execution of entire form.

**RED 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 countering skills 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 RED STRIPE

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

### TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Sah Jang* (Form)
- Blue Belt Self-Defense
- No-Contact Free Sparring
- Board Breaking With Spinning Kick
- Knowledge of Answers to Written Exam #1

### ITEMS YOU MUST BRING:

- ☐ Completed Testing Application (two days in advance of testing)
- ☐ Testing Fee (two days in advance of testing)
- ☐ Written Exam #1
- ☐ Safety Gear for Sparring
- ☐ Attendance Card

# SELF CONTROL



"I am in charge of my behavior"



**MASTER YOO'S**  
"Building Skills For Life"

# BLACK BELT PHILOSOPHY

## SELF-CONTROL

*"The angry man will defeat himself in battle as well as in life." - Samurai Maxim*

*"Control your emotion or it will control you." - Chinese Adage*

*"The only way to get the best of an argument is to avoid it." - Anonymous*

*"He who loses control of his emotions gives his opponent a powerful ally." - Anonymous*

*"Anger is only one letter short of danger." - Anonymous*

*"Part of the happiness of life consists not in fighting battles, but in avoiding them.  
A masterly retreat is in itself a victory." - Norman Vincent Peale*

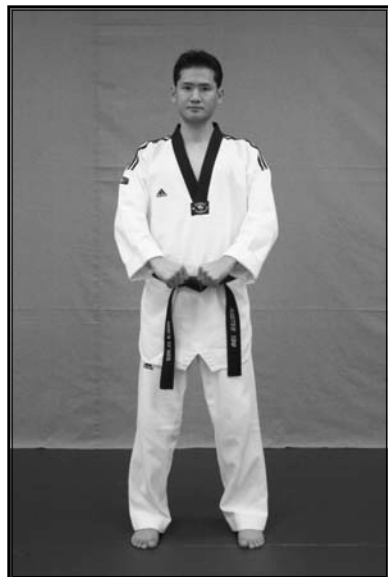
## MARTIAL ARTS PERSPECTIVE

Without self-control, the practice of the martial arts can be dangerous to both you and your training partners. However, unlike the fighting seen all too often in video games and on television, the legitimate practice of martial arts is founded upon nonviolent principles such as respect, courtesy, and patience. As a student of Master Yoo's World Class Tae Kwon Do, you are expected to exhibit absolute self-control regarding the use of your martial arts skills, both in and out of the Tae Kwon Do school. This means you will have to develop emotional as well as physical restraint. To create a safer environment for you and your classmates, you must develop the ability to control anger and frustration. Tae Kwon Do will allow you to channel negative emotions and work them off in a healthy and safe manner.

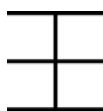
## LIFE SKILL PERSPECTIVE

Self-control means more than just avoiding conflict, it represents staying balanced in all areas of one's life. Learn to control your impulses. Apply moderation to the amount of eating, socializing, work, and even exercise that you do. As your self-control and self-discipline improve, you will enjoy the feeling of being more in charge of your emotions and actions.

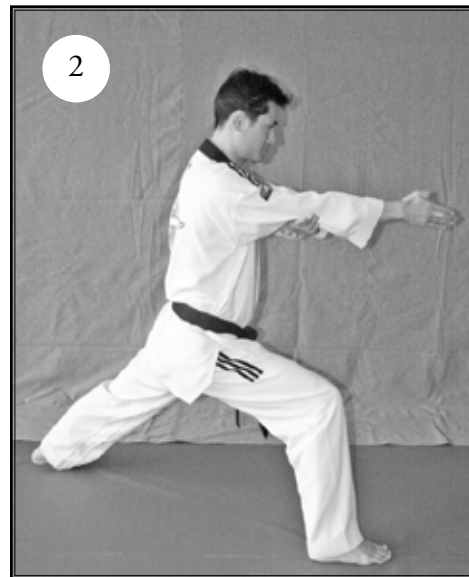
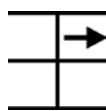
# FORM: *TAE GEUK SAH JANG*



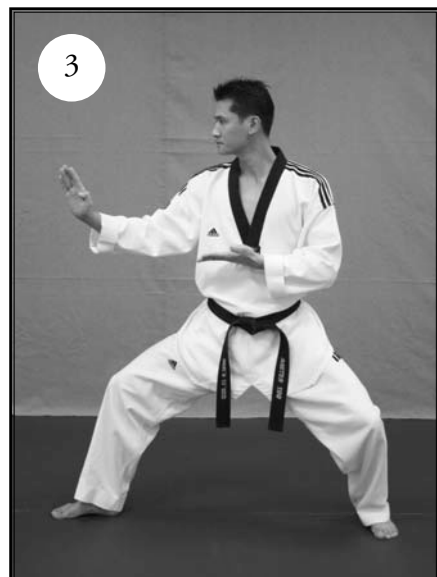
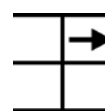
• READY STANCE



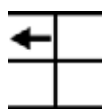
• BACK STANCE  
• DOUBLE KNIFEHAND BLOCK



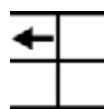
• FORWARD STANCE  
• SPEAR FINGER STRIKE



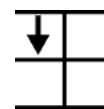
• BACK STANCE  
• DOUBLE KNIFEHAND BLOCK



• FORWARD STANCE  
• SPEAR FINGER STRIKE

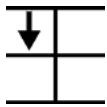


• FORWARD STANCE  
• KNIFEHAND FACE BLOCK AND STRIKE

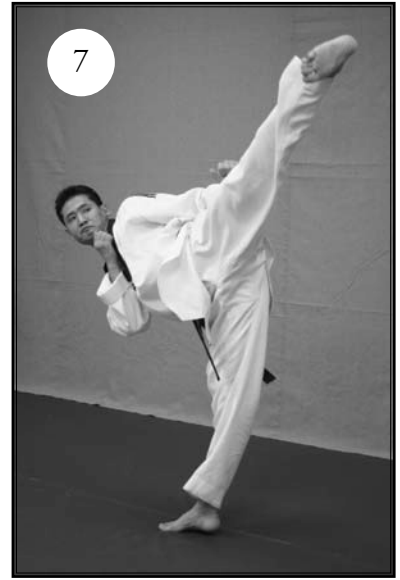
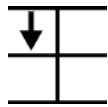




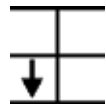
• FRONT SNAP KICK



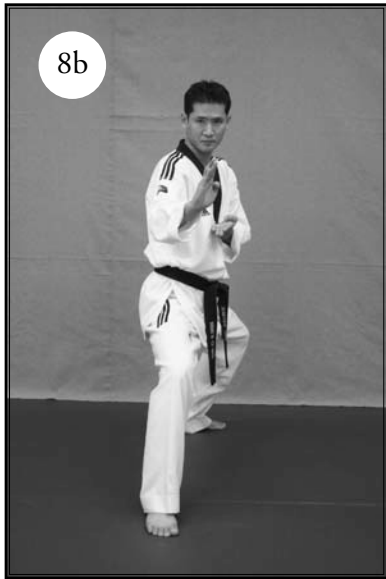
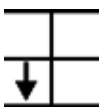
• FORWARD STANCE  
• MIDDLE PUNCH



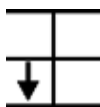
• SIDE KICK



• SIDE KICK



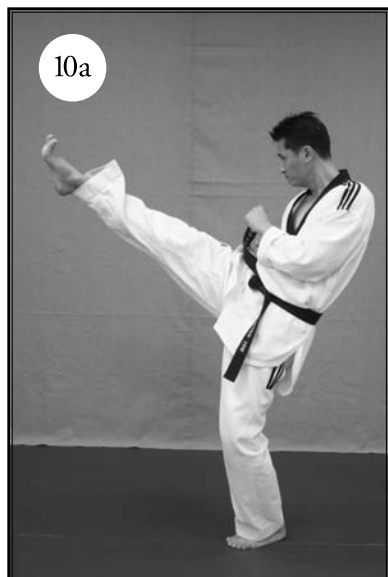
• BACK STANCE  
• DOUBLE KNIFEHAND  
BLOCK



• BACK STANCE  
• OUTSIDE BODY BLOCK







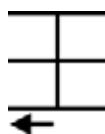
10a

• FRONT SNAP KICK



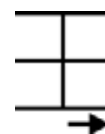
10b

• BACK STANCE  
• INSIDE BODY BLOCK

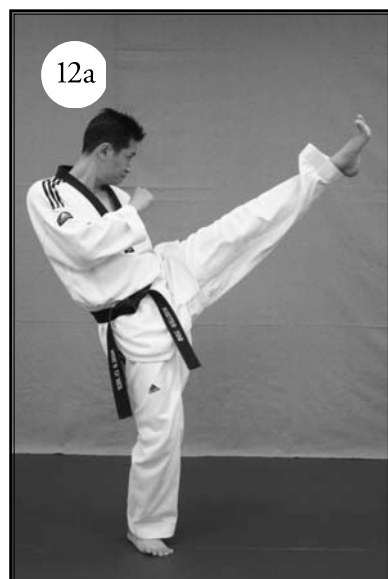


11

• BACK STANCE  
• OUTSIDE BODY BLOCK

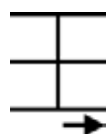


## SELF-CONTROL



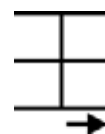
12a

• FRONT SNAP KICK



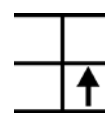
12b

• BACK STANCE  
• INSIDE BODY BLCOK



13

• FORWARD STANCE  
• KNIFEHAND FACE BLOCK  
AND STRIKE

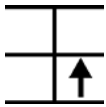






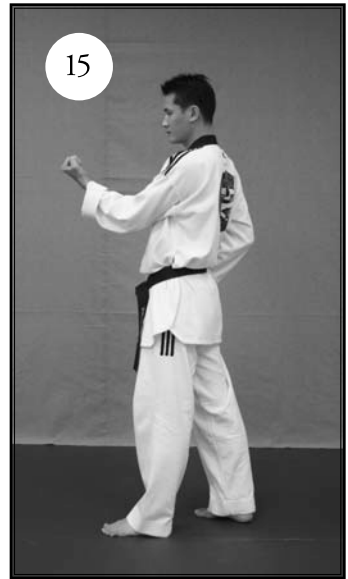
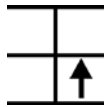
14a

- FRONT SNAP KICK



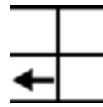
14b

- FORWARD STANCE
- BACKFIST STRIKE



15

- WALKING STANCE
- INSIDE BODY BLOCK

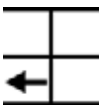


YOUR UPPER BODY AND LOWER BODY MAIN MOTIONS  
SHOULD FINISH AT THE SAME TIME



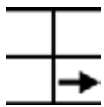
16

- WALKING STANCE
- MIDDLE PUNCH



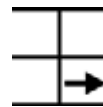
17

- WALKING STANCE
- INSIDE BODY BLOCK



18

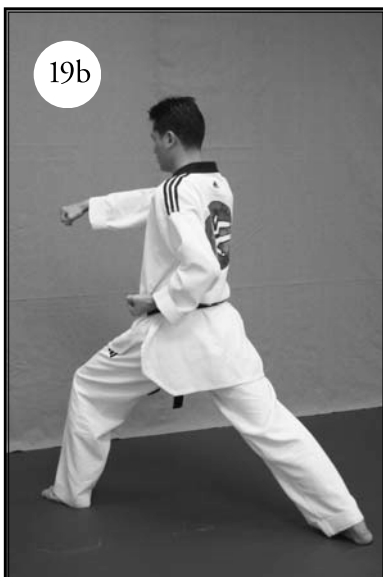
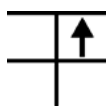
- WALKING STANCE
- MIDDLE PUNCH





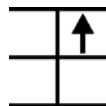
19a

- FORWARD STANCE
- INSIDE BODY BLOCK



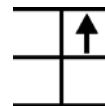
19b

- FORWARD STANCE
- MIDDLE PUNCH



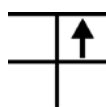
19c

- FORWARD STANCE
- MIDDLE PUNCH



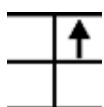
20a

- FORWARD STANCE
- INSIDE BODY BLOCK



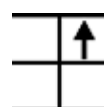
20b

- FORWARD STANCE
- MIDDLE PUNCH

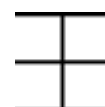


20c

- FORWARD STANCE
- MIDDLE PUNCH
- *KIHAP*



- READY STANCE



# SELF-DEFENSE

## AGAINST A SINGLE-HAND WRIST GRAB

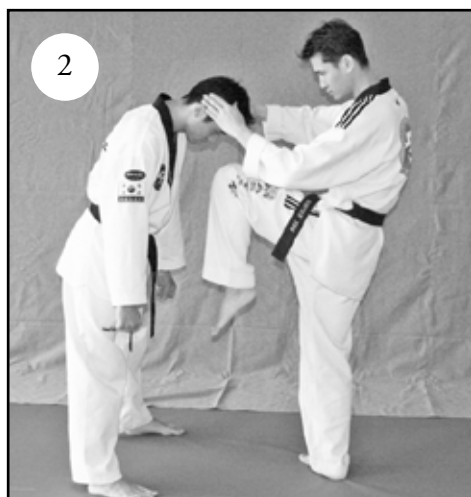
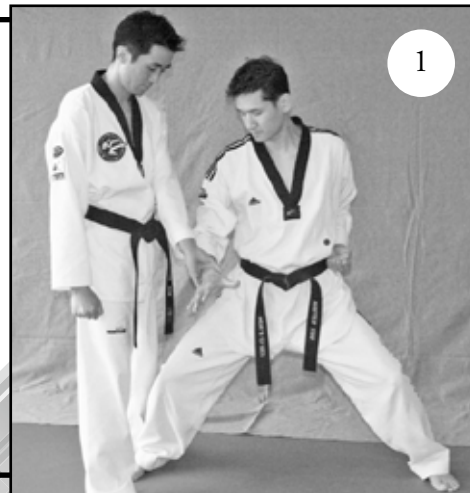
### NUMBER 1

*Attacker:* Grab partner's right wrist with your left hand.

*Response:* Right foot step forward into horse riding stance, right hand press palm down to escape wrist grab.

Right elbow strike to solar plexus, right backfist strike to face.

Move right foot into forward stance followed by left elbow strike to face, *Kihap*.



### NUMBER 2

*Attacker:* Grab partner's right wrist with your left hand.

*Response:* Left foot step backward into forward stance, right hand circle counter-clockwise inside above head.

Left hand punch to solar plexus.

Gesture motion of grabbing attacker's head with both hands.

Left knee to face, *Kihap*.

### NUMBER 3

*Attacker:* Reach across diagonally and grab attacker's right wrist with your right hand.

*Response:* Right foot step forward while right hand grabs attacker's wrist.

Left hand grab attacker's shoulder.

Left knee strike to attacker's side, step down into forward stance.

Right elbow strike to face, *Kihap*.

