



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: Basic kicks Back, Side & Axe kick Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Kibon Poomse I Board Breaking: 1-3 | 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 & Reverse 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 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: Jumping 360 back kick & Jumping turning behind axe kick 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 |



BLUE STRIPE PERSONAL RECORD

ADVANCEMENTS:

| | DATE |
|--------------------------|------|
| PROMOTION TO BLUE STRIPE | |
| BLUE TIP | |
| WHITE TIP | |
| YELLOW TIP | |
| RED TIP | |
| BLACK TIP | |

AWARDS:

| DATE | TYPE | COMMENTS |
|------|------|----------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

TOURNAMENTS:

| DATE | LOCATION | FORMS | SPARRING | BOARD BREAKING |
|------|----------|-------|----------|----------------|
| | | | | |
| | | | | |

DEMONSTRATIONS:

| DATE | LOCATION | TECHNIQUES | NOTES |
|------|----------|------------|-------|
| | | | |
| | | | |

TIPS & TIME REQUIREMENTS

FIVE TIPS

BLUE TIP: Children – Knowledge and proper execution of first half of form (*Tae Geuk Sam 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 one step sparring techniques.

BLACK TIP (Testing Readiness): Knowledge and proper execution of all belt testing requirements as listed below including distance skills in sparring and knowledge of Korean Terms #5.

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

TIME: Average 2 – 4 months based on student's attendance, proficiency, and technical understanding

TESTING FOR BLUE BELT

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

TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Sam Jang* (Form)
- Blue Stripe One-Step Sparring 1-3
- No - Contact Free Sparring
- Board Breaking with Back Kick
- Knowledge of Korean Terms #5

ITEMS YOU MUST BRING:

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

COOPERATION

"Together everyone achieves more"



협

동



MASTER YOO'S

"Building Skills For Life"

BLACK BELT PHILOSOPHY

COOPERATION

"We make a living by what we get. But we make a life by what we give."
- Winston Churchill

"Teamwork is the fuel that allows common people to attain uncommon results."
- Vince Lombardi

"Give and take makes good friends." - Scottish Proverb

"Happiness is a by-product of helping others." - Denny Miller

"Everyone needs help from everyone." - Bertolt Brecht

"Alone we can do so little, together we can do so much." - Helen Keller

"Great opportunities to help others seldom come, but small ones surround us every day."
- Sally Koch

MARTIAL ARTS PERSPECTIVE

Even though Tae Kwon Do is not generally practiced as a team sport, group classes help to foster a friendly family atmosphere. Several activities that occur in the classroom help to improve cooperation and teamwork. For example, when a higher ranking student assists a lower ranking one, they both benefit. The lower belt gets to see an example of superior techniques, while the senior belt gets an opportunity to improve his or her technical understanding, confidence, leadership, and teaching skills.

Another example occurs when students practice a particular requirement as a group, such as six yellow belts taking turns leading the count for each move of their form. The students learn how to act as a team, communicate effectively, and practice their public speaking.

The teamwork and camaraderie that Tae Kwon Do develops is very strong and beneficial. At different times you will work along with your classmates to accomplish different goals. Two students with the same belt can prepare for a promotion test together. A team of students may travel to a competition together. The entire school can work together to host a fundraiser for charity. With the help of others, you will soon believe that almost anything is possible.

LIFE SKILL PERSPECTIVE

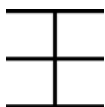
Behind every big success is a team. Think of the most successful person you know, regardless of whether their field is athletics, business, or entertainment. One person may be in the spotlight, and it is tempting to believe that they are an overnight sensation who made it all on their own. However, behind the scenes there is always a team that supports the top performer and enables them to do their best. Notice that the word team can also be an acronym that stands for ...*together everyone achieves more*.

It is important to be self-confident and self-motivated. At the same time, it is also important to be humble and to acknowledge the role that others play in your success. If you have a big challenge in front of you think about how you can cooperate with others to solve it. You will certainly find that cooperating with others will allow you to achieve more in anything that you do.

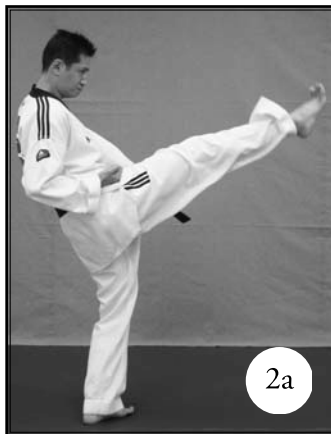
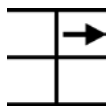
FORM: *TAE GEUK SAM JANG*



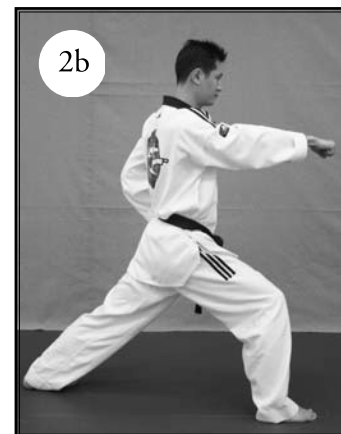
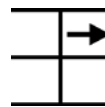
• READY STANCE



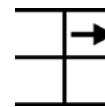
• WALKING STANCE
• DOWN BLOCK



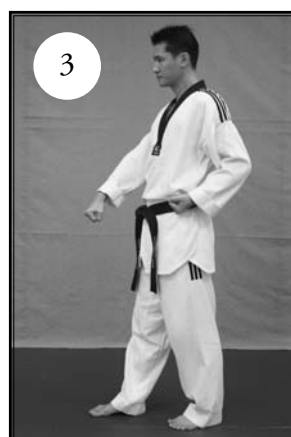
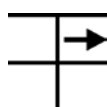
• FRONT SNAP KICK



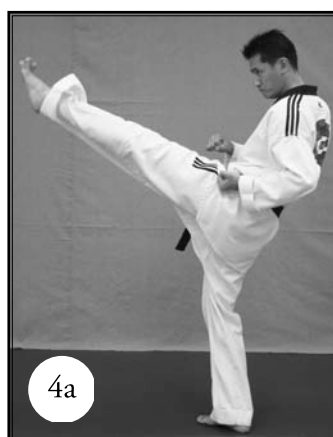
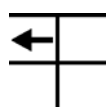
• FORWARD STANCE
• MIDDLE PUNCH



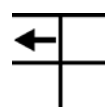
• FORWARD STANCE
• MIDDLE PUNCH



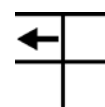
• WALKING STANCE
• DOWN BLOCK



• FRONT SNAP KICK

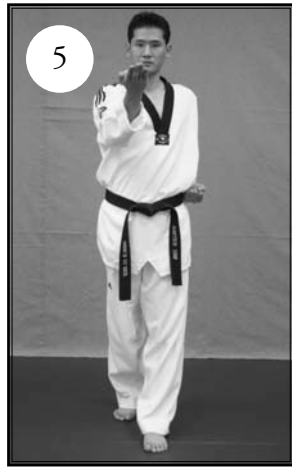
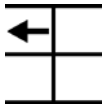


• FORWARD STANCE
• MIDDLE PUNCH

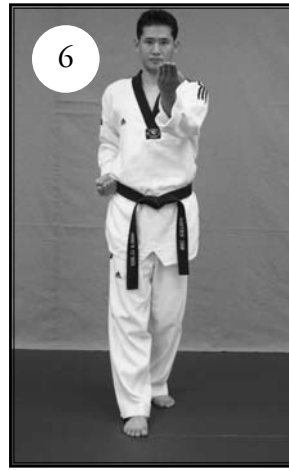
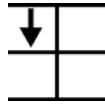




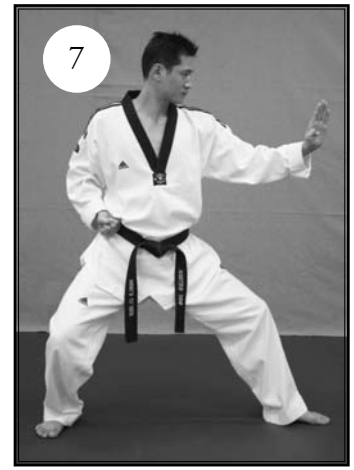
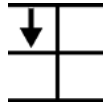
- FORWARD STANCE
- MIDDLE PUNCH



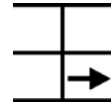
- WALKING STANCE
- KNIFEHAND STRIKE



- WALKING STANCE
- KNIFEHAND STRIKE



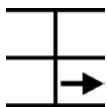
- FORWARD STANCE
- KNIFEHAND BLOCK



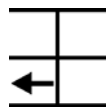
Put your full intensity into your form
from beginning to end!



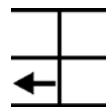
- FORWARD STANCE
- MIDDLE PUNCH



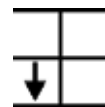
- BACK STANCE
- KNIFEHAND BLOCK



- FORWARD STANCE
- MIDDLE PUNCH

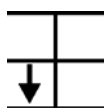


- WALKING STANCE
- INSIDE BODY BLOCK

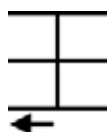




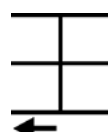
- WALKING STANCE
- INSIDE BODY BLOCK



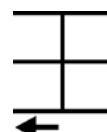
- WALKING STANCE
- DOWN BLOCK



- FRONT SNAP KICK



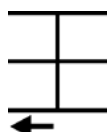
- FORWARD STANCE
- MIDDLE PUNCH



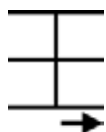
COOPERATION



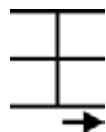
- FORWARD STANCE
- MIDDLE PUNCH



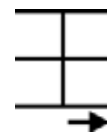
- WALKING STANCE
- DOWN BLOCK

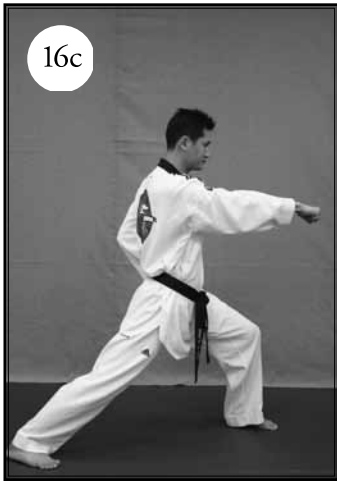


- FRONT SNAP KICK

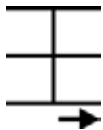


- FORWARD STANCE
- MIDDLE PUNCH

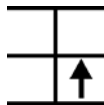




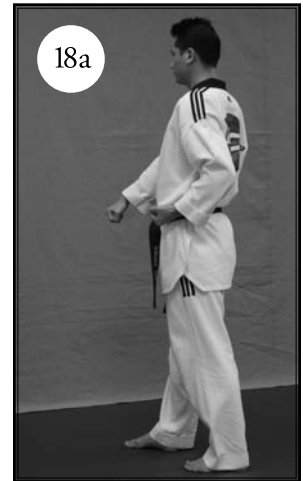
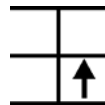
- FORWARD STANCE
- MIDDLE PUNCH



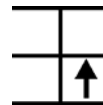
- WALKING STANCE
- DOWN BLOCK



- WALKING STANCE
- MIDDLE PUNCH



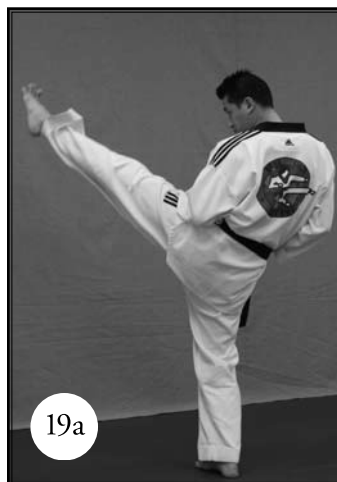
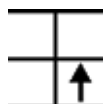
- WALKING STANCE
- DOWN BLOCK



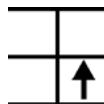
Be certain to understand the purpose of each technique and focus on proper execution!



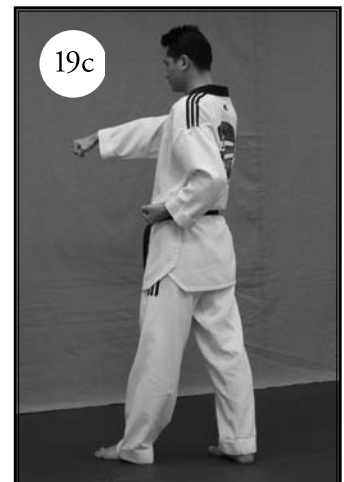
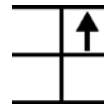
- WALKING STANCE
- MIDDLE PUNCH



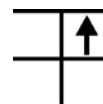
- FRONT SNAP KICK

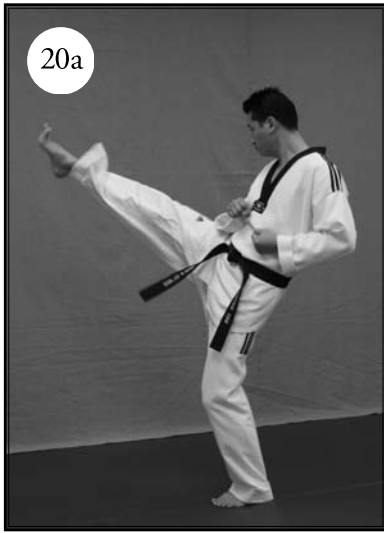


- WALKING STANCE
- DOWN BLOCK

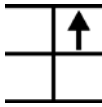


- WALKING STANCE
- MIDDLE PUNCH

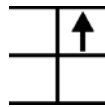




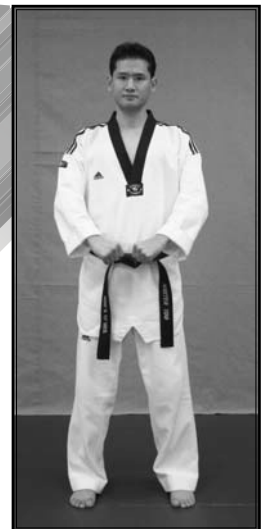
• FRONT SNAP KICK



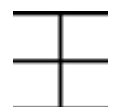
• WALKING STANCE
• DOWN BLOCK



• WALKING STANCE
• MIDDLE PUNCH
• KIHAP



• READY STANCE



COOPERATION

BLUE STRIPE

Put your full
intensity into
your form
from beginning
to end!

ONE-STEP SPARRING

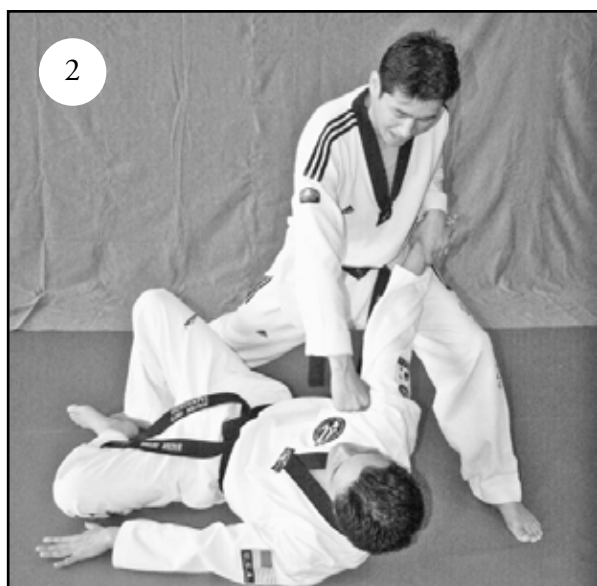
NUMBER 1

Attacker: Face Punch

Defender: Left foot step forward 45 degrees into horseriding stance, right hand knifehand block, grab attacker's wrist.

Right foot roundhouse kick to solar plexus then side kick to attacker's front knee.

Left hand punch to temple, *Kihap*.



PROPER FALLING POSITION

NUMBER 2

Attacker: Face Punch

Defender: Left foot step into forward stance, left hand knifehand block, right hand face punch (same time).

Left hand grab attacker's wrist, right hand grab attacker's shoulder.

Right leg sweep attacker.

Right hand face punch, *Kihap*.

NUMBER 3

Attacker: Face Punch

Defender: Left foot step forward into forward stance, left hand knifehand block, right hand palm strike to attacker's solar plexus (same time).

Left hand grab attacker's wrist, push arm back while pulling attacker's ankle with right hand.

Right hand face punch, *Kihap*.



KOREAN TERMS #5

COMMANDS

| | |
|----------|---------------|
| Break | <i>Kalyo</i> |
| Continue | <i>Kyesok</i> |

(These terms are used to separate or engage competitors in sparring matches.)

GENERAL TERMS

| | |
|---------------|----------------|
| Demonstration | <i>She Bum</i> |
| Testing | <i>Shim Sa</i> |

TECHNIQUES

| | |
|------------------|---------------------|
| Back Kick | <i>Dwee Chagi</i> |
| Knifehand Strike | <i>Sonnal Chigi</i> |

THE FIVE TENETS OF TAE KWON DO

| | |
|--------------------|-------------------------|
| Courtesy | <i>Yeh Wee</i> |
| Integrity | <i>Yom Chi</i> |
| Perseverance | <i>In Nae</i> |
| Self-Control | <i>Guk Ki</i> |
| Indomitable Spirit | <i>Baekjul Boolgool</i> |

*For your convenience, an audio CD of Korean Terms 1–5
is available for purchase at the front desk.*

