



# 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> Basic <b>Strikes:</b> Knifehand, Reverse <b>Kicks:</b> Face, Body, Down & Knifehand <b>Strikes:</b> Punches <b>Kicks:</b> Front snap, Front rising, Crescent, Foot-to-foot side & Roundhouse	<b>Stances:</b> Basic <b>Blocks:</b> Inside body & Inside palm <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>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>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>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>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>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>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>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>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>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>Korean Terms:</b> #1 <b>Black Belt Philosophy:</b> Focus	<b>Korean Terms:</b> #2 <b>Black Belt Philosophy:</b> Integrity	<b>Korean Terms:</b> #3 <b>Black Belt Philosophy:</b> Enthusiasm	<b>Korean Terms:</b> #4 <b>Black Belt Philosophy:</b> Goal Setting	<b>Korean Terms:</b> #5 <b>Black Belt Philosophy:</b> Cooperation	<b>Written Exam:</b> #1 <b>Black Belt Philosophy:</b> Self-Control	<b>Written Exam:</b> #2 <b>Black Belt Philosophy:</b> Perseverance	<b>Written Exam:</b> #3 <b>Black Belt Philosophy:</b> Confidence	<b>Essay:</b> Respect <b>Black Belt Philosophy:</b> Respect	<b>Essay:</b> Responsibility <b>Black Belt Philosophy:</b> Responsibility	<b>Essay:</b> Leadership <b>Black Belt Philosophy:</b> Leadership



DOUBLE RED STRIPE

# DOUBLE RED STRIPE PERSONAL RECORD

## *ADVANCEMENTS:*

	DATE
PROMOTION TO DOUBLE RED STRIPE	
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 Yuk 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 timing 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

DOUBLE RED STRIPE

## TESTING FOR RED BELT

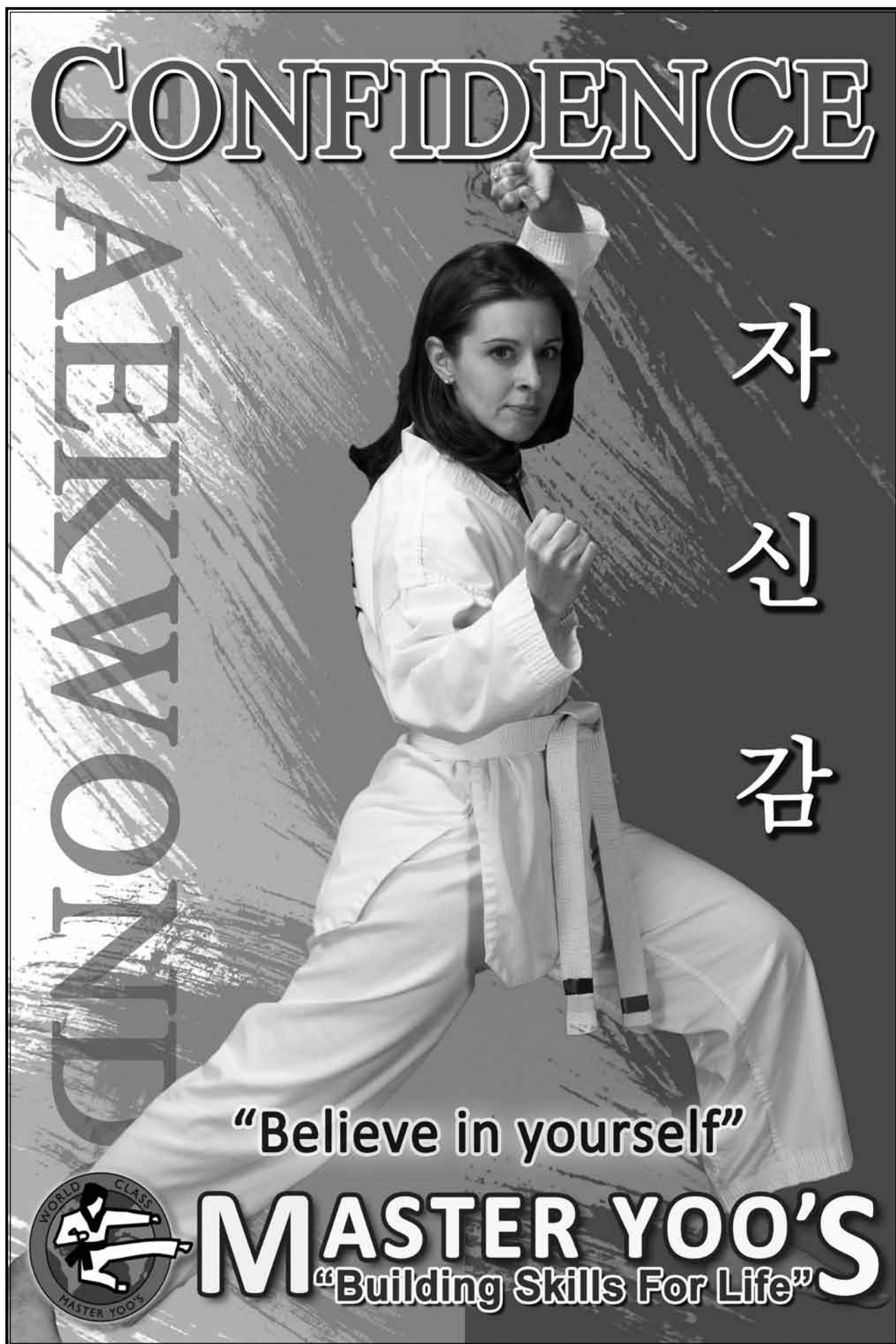
*Student must have all five tips and meet the minimum time requirements.*

### TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Yuk Jang* (Form)
- Double Red Stripe Self-Defense 1–3
- No-Contact Free Sparring
- Board Breaking With Spinning Kick and With Any Hand Technique
- Knowledge of Answers to Written Exam #3

### ITEMS YOU MUST BRING:


- ☐ Completed Testing Application (two days in advance of testing)
- ☐ Testing Fee (two days in advance of testing)
- ☐ Written Exam #3
- ☐ Safety Gear for Sparring
- ☐ Attendance Card



# CONFIDENCE

자  
신  
감

“Believe in yourself”

 **MASTER YOO'S**  
“Building Skills For Life”

# BLACK BELT PHILOSOPHY

## CONFIDENCE

*“Winners expect to win in advance.” - Anonymous*

*“What a man thinks of himself, that is what determines, or rather indicates, his fate.”  
- Henry David Thoreau*

*“Self-confidence is the first requisite to great undertakings.” - Samuel Johnson*

*“The worst loneliness is not to be comfortable with yourself.” - Mark Twain*

*“Life is a self-fulfilling prophecy.” - Anonymous*

*“Confidence is that feeling by which the mind embarks on great  
and honorable courses with a sure hope and trust in oneself.” - Cicero*

*“No one can make you feel inferior without your consent.” - Eleanor Roosevelt*

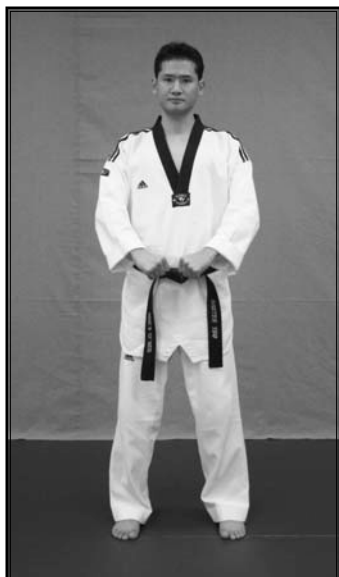
## MARTIAL ARTS PERSPECTIVE

How does someone develop confidence? Although praise and motivation from one's instructors can be a factor, true confidence is created and maintained by accomplishing challenging tasks. In other words, confidence has to be earned. If you review your training, you will find many challenging events that you encountered and overcame. Consider the most difficult form you had to learn, the most intimidating board break you have performed, or the most exhausting class you've attended. It is because of those experiences that you have a right to be confident in your physical, mental, and emotional strength.

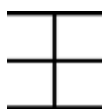
## LIFE SKILL PERSPECTIVE

When you diligently prepare and practice for an activity then you have every right to face it with confidence and optimism. The success that you have had in Tae Kwon Do should encourage you about your potential for success in other activities. Be willing to step outside of your comfort zone, try new things, and develop new skills. Apply the confidence you have gained in Tae Kwon Do to each new challenge. Face public speaking as confidently as you do belt testing. Learn a new skill with the enthusiasm you would express when learning a new form. Break a limiting habit like you would break a board.

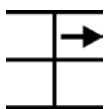
# FORM: *TAE GEUK YUK JANG*



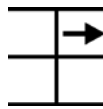
• READY STANCE



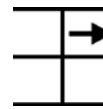
• FORWARD STANCE  
• DOWN BLOCK



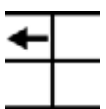
• FRONT SNAP KICK



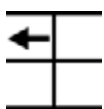
• BACK STANCE  
• OUTSIDE BODY BLOCK



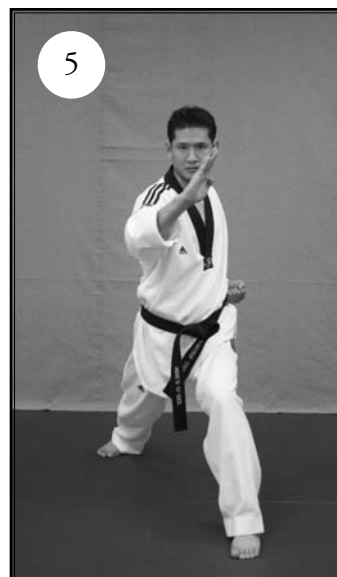
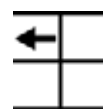
• FORWARD STANCE  
• DOWN BLOCK



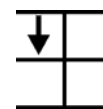
• FRONT SNAP KICK



• FORWARD STANCE  
• OUTSIDE BODY BLOCK



• FORWARD STANCE  
• KNIFEHAND TWIST  
FACE BLOCK

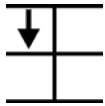






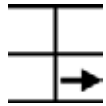
6a

• ROUNDHOUSE KICK



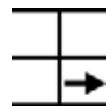
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• FORWARD STANCE  
• OUTSIDE FACE BLOCK



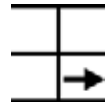
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• FORWARD STANCE  
• MIDDLE PUNCH



7a

• FRONT SNAP KICK

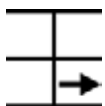


*CONFIDENCE*



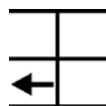
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• FORWARD STANCE  
• MIDDLE PUNCH



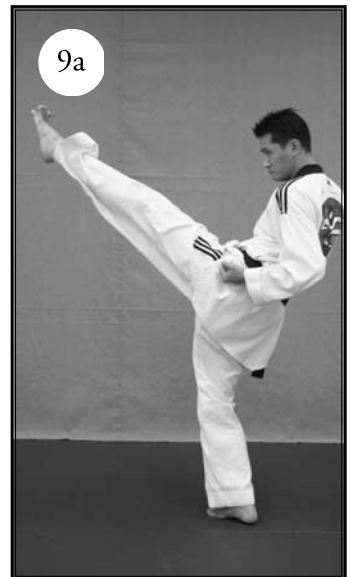
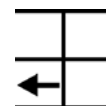
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• FORWARD STANCE  
• OUTSIDE FACE BLOCK



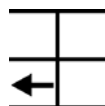
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• FORWARD STANCE  
• MIDDLE PUNCH



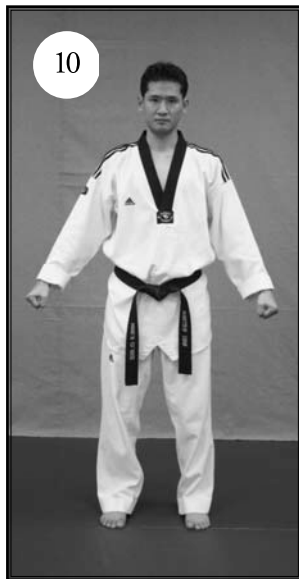
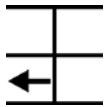
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• FRONT SNAP KICK

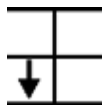




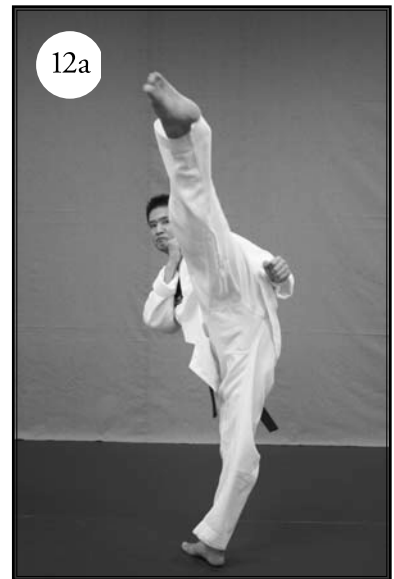
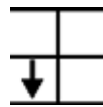
- FORWARD STANCE
- MIDDLE PUNCH



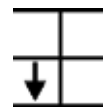
- READY STANCE
- UNDERNEATH PUSH BACK



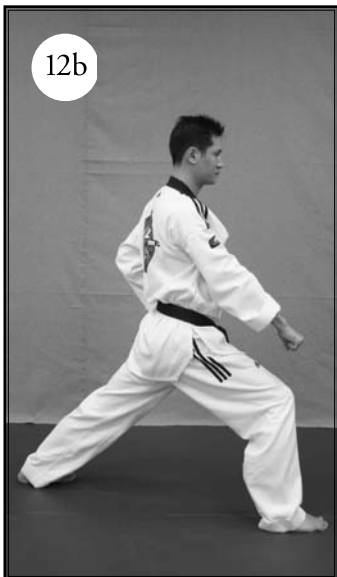
- FORWARD STANCE
- KNIFEHAND TWIST FACE BLOCK



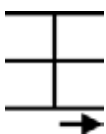
- ROUNDHOUSE KICK
- *KIHAP*



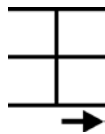
When advancing and changing stance, your body height should stay at the same level.



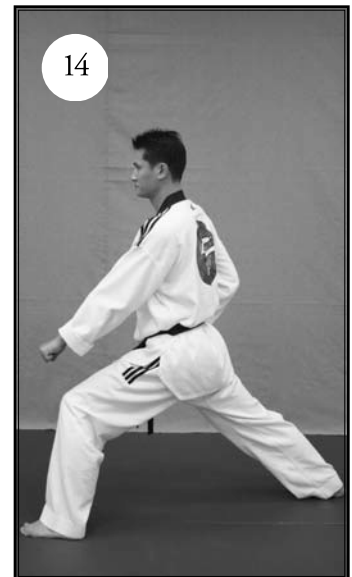
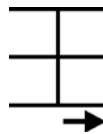
- FORWARD STANCE
- DOWN BLOCK



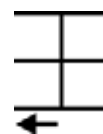
- FRONT SNAP KICK



- BACK STANCE
- OUTSIDE BODY BLOCK



- FORWARD STANCE
- DOWN BLOCK

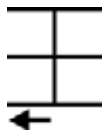






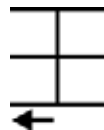
15a

• FRONT SNAP KICK



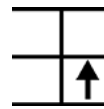
15b

• BACK STANCE  
• OUTSIDE BODY BLOCK



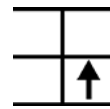
16

• BACK STANCE  
• DOUBLE KNIFEHAND BLOCK



17

• BACK STANCE  
• DOUBLE KNIFEHAND BLOCK

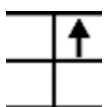


When you twist into an upper body technique,  
be sure to keep your spine straight.



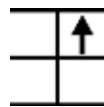
18a

• FORWARD STANCE  
• PALM BLOCK



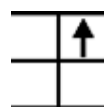
18b

• FORWARD STANCE  
• MIDDLE PUNCH



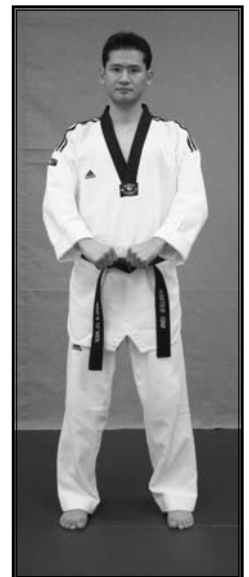
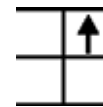
19a

• FORWARD STANCE  
• PALM BLOCK

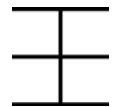


19b

• FORWARD STANCE  
• MIDDLE PUNCH



• READY STANCE



# SELF-DEFENSE

## AGAINST A SINGLE-HAND SHOULDER GRAB FROM THE FRONT

### NUMBER 1

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

*Response:* Take a step forward with your left foot, at the same time left knifehand block to attacker's upper arm and then grab attacker's uniform.

Right hand palm strike to attacker's chin.

Right leg sweep attacker.

Right hand face punch, *Kihap*.

1



2



### NUMBER 2

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

*Response:* Right hand cover attacker's hand, left hand grab attacker's wrist.

Left foot step forward and twist your upper body until your elbow meets attacker's elbow.

Right foot step back into kicking stance.

Place both thumbs on the back of attacker's wrist and apply pressure.

Right foot front snap kick to attacker's body, *Kihap*.

### NUMBER 3

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

*Response:* Right hand grab attacker's hand.

Twist your upper body to the left and then right, while twisting attacker's wrist.

Left hand pull attacker's elbow out to the side moving attacker's arm into an "S" shape.

Left foot step into horse riding stance and push upper body against attacker's wrist, *Kihap*.

3

