



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: Face, Body, Down & Knifehand Strikes: Knifehand, Reverse 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: Inside body & Knifehand Strikes: Knifehand, Reverse Knifehand 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 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



GREEN BELT PERSONAL RECORD

ADVANCEMENTS:

	DATE
PROMOTION TO GREEN BELT	
BLUE TIP	
WHITE TIP	
GREEN 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

BLUE TIP: Children – Knowledge and proper execution of first half of form (*Tae Geuk Ee 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 #4.

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

GREEN BELT

TESTING FOR BLUE STRIPE

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

TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Ee Jang* (Form)
- Green Belt One-Step Sparring 1–3
- No-Contact Free Sparring
- Board Breaking with Back Kick
- Knowledge of Korean Terms Sheet #4

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

GOAL SETTING

목표

"Work hard to achieve your goals!"



MASTER YOO'S
"Building Skills For Life"

BLACK BELT PHILOSOPHY

GOAL SETTING

“What you get by reaching your destination isn’t nearly as important as what you become by reaching that destination.” - Zig Ziglar

“Shoot for the moon. Even if you miss it, you will land among the stars.” - Les Brown

“The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.” - Cecil B. DeMille

“First say to yourself what you would be; and then do what you have to do.” - Epictetus

MARTIAL ARTS PERSPECTIVE

Tae Kwon Do is distinct from all other forms of sport and recreation because it provides a built-in tangible goal system, the Black Belt curriculum. This curriculum provides short and long term goals represented by the different color belts. Beginning ranks, such as a yellow belt, can be achieved with two to three months of consistent effort and attendance. Promotion between higher ranks such as those at the red belt level and up, require three or more months of time and study. On average, a dedicated student can attain their Black Belt within three to four years from the date that they started training. All of your instructors are happy to provide guidance and advice on setting and achieving your personal Tae Kwon Do goals.

When you attend classes, you will find that your instructors will challenge you with different goals each time. During some classes you will work on curriculum goals, being taught the new requirements necessary for advancement. At other classes you will work on technical goals, refining the balance, speed or power with which you perform techniques you have already learned. By combining effort in both of these areas, you will improve both your understanding and execution of all of the requirements necessary to become a Black Belt. Together with your instructors, you should set specific goals for attaining each belt rank and identifying those areas that you need to improve prior to being tested.

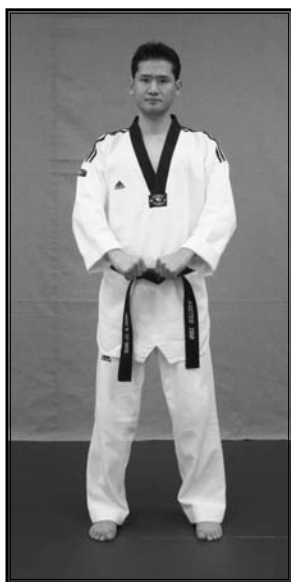
LIFE SKILL PERSPECTIVE

The power of goal setting is not limited to belt achievement only. By applying a short and long term perspective to school, work, and family projects, you can motivate yourself and make step-by-step progress towards your goals. Take the time to set goals for the important things you wish to achieve and you will get closer to attaining them.

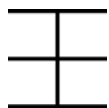
The following formula will help you to achieve your goals.

1. Choose a Specific Goal. Be clear on exactly what it is that you are trying to achieve. You may find it helpful to write down your goals using descriptive, precise language. Remember to include a deadline of when you want to be able to say, “Mission accomplished!”
2. Design a Step-by-Step Plan. Some goals will require a lengthy amount of time and effort. Design stages or benchmarks that you can use to mark your progress and keep yourself motivated.
3. Take Consistent Action. Be disciplined about making the activities necessary for achieving your goal part of your daily routine. Be patient and take pride in even small amounts of progress or improvement.
4. Evaluate your progress. You should constantly monitor and measure your results. If you like what you see, keep doing what produced the results. If something isn’t working, change your approach. Study your methods and you will increase your chances of finding the best way to achieve your goal.

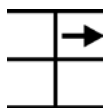
FORM: *TAE GEUK EE JANG*



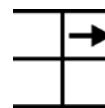
• READY STANCE



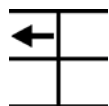
• WALKING STANCE
• DOWN BLOCK



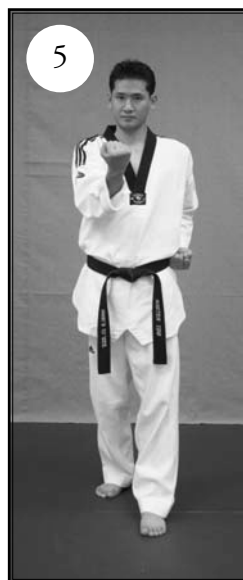
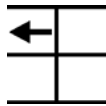
• FORWARD STANCE
• MIDDLE PUNCH



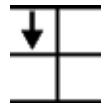
• WALKING STANCE
• DOWN BLOCK



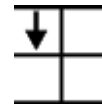
FORWARD STANCE
MIDDLE PUNCH

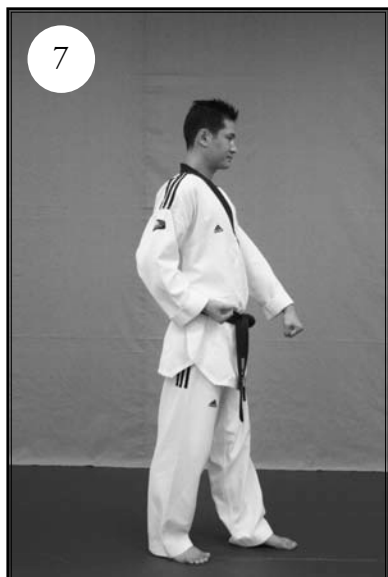


• WALKING STANCE
• INSIDE BODY
BLOCK

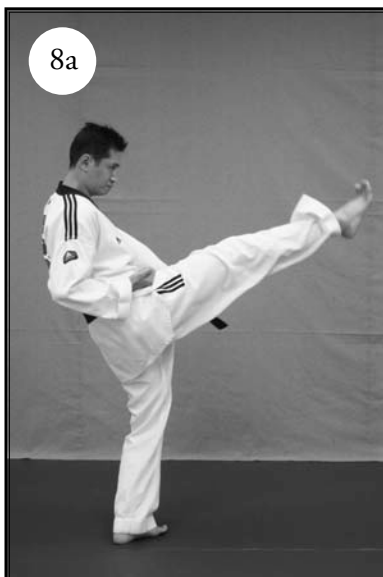
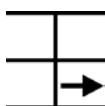


• WALKING STANCE
• INSIDE BODY
BLOCK

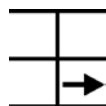




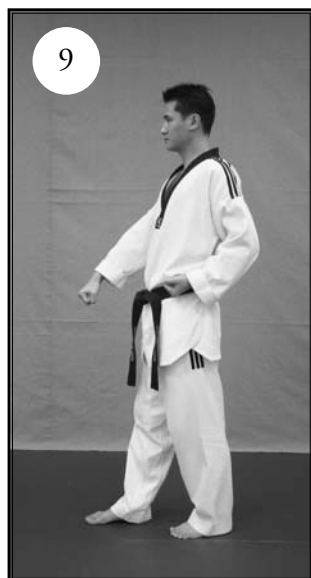
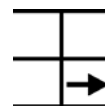
- WALKING STANCE
- DOWN BLOCK



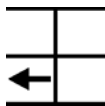
- FRONT SNAP KICK



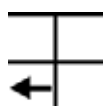
- FORWARD STANCE
- FACE PUNCH



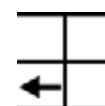
- WALKING STANCE
- DOWN BLOCK



- FRONT SNAP KICK



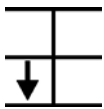
- FORWARD STANCE
- FACE PUNCH





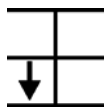
11

- WALKING STANCE
- FACE BLOCK



12

- WALKING STANCE
- FACE BLOCK



13

- WALKING STANCE
- INSIDE BODY BLOCK



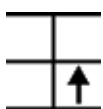
14

- WALKING STANCE
- INSIDE BODY BLOCK



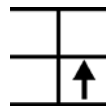
15

- WALKING STANCE
- DOWN BLOCK



16a

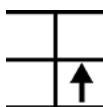
- FRONT SNAP KICK





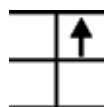
16b

- WALKING STANCE
- MIDDLE PUNCH



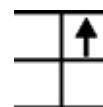
17a

- FRONT SNAP KICK



17b

- WALKING STANCE
- MIDDLE PUNCH

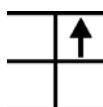


TRY TO EXECUTE EACH TECHNIQUE PROPERLY.



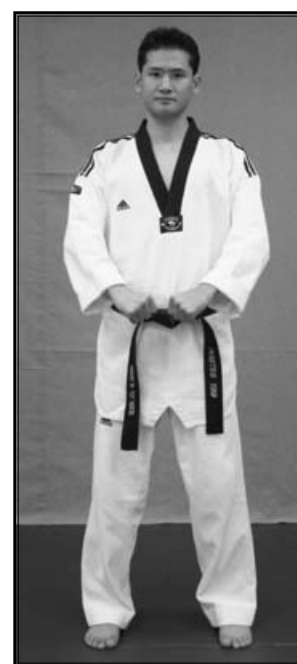
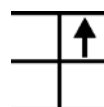
18a

- FRONT SNAP KICK

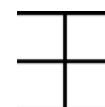


18b

- WALKING STANCE
- MIDDLE PUNCH
- *KIHAP*



- READY STANCE



ONE-STEP SPARRING

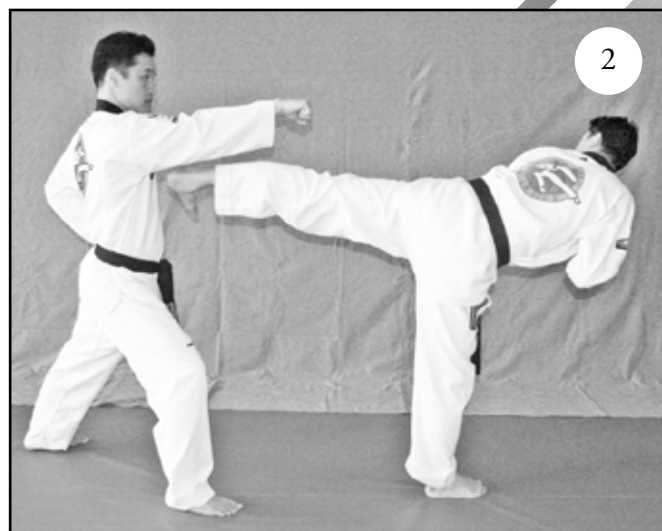
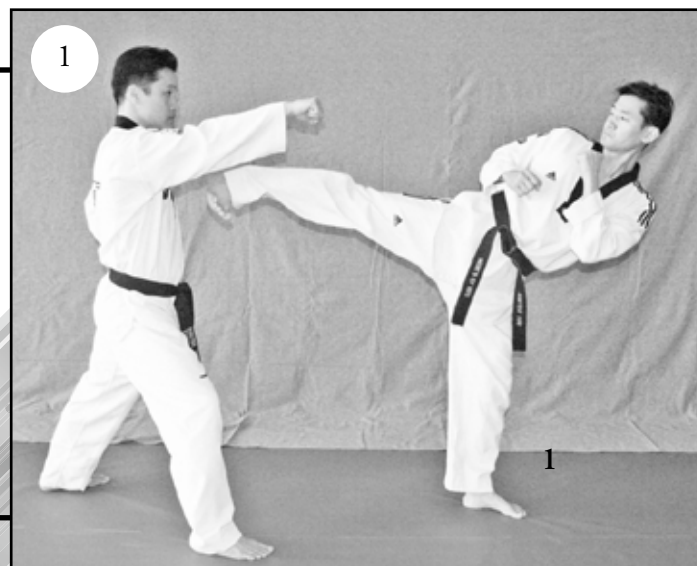
NUMBER 1

Attacker: Face Punch

Defender: Right foot inside crescent kick, blocking attacker's punch (striking at the wrist).

Without putting foot down, right foot side kick, step down into forward stance.

Left hand face punch, *Kihap*.



NUMBER 2

Attacker: Face Punch

Defender: Right foot inside crescent kick, blocking attacker's punch, left foot step back into kicking stance.

Left foot back kick, then turn and step down into forward stance.

Left hand knifehand block, right hand face punch (same time), *Kihap*.

NUMBER 3

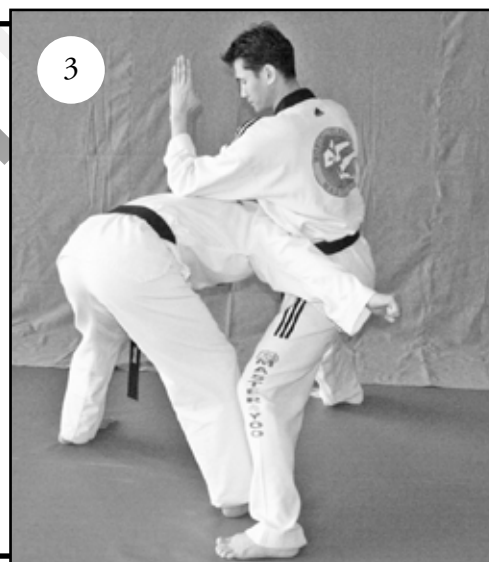
Attacker: Face Punch

Defender: Left foot step forward into back stance, left hand knifehand block, circle and grab arm locking attacker's elbow.

Right elbow strike to face.

Right hand grab back of attacker's neck, right knee strike to attacker's body.

Left jumping elbow strike to attacker's back, *Kihap*.



KOREAN TERMS #4

COMMANDS

Turn Around

Dweero Dora

Switch Feet

Bal Kyo Dae

GENERAL TERMS

Self-Defense

Ho Shin Sool

Warm-Up Exercise

Joonbi Woondong

TECHNIQUES

Face Punch

Olgool Jilugi

Middle Punch

Momtong Jilugi

COURTESY PHRASES

Goodbye

Abnyonghee Ka Ship Sheeyo

(spoken to someone who is leaving; most likely teacher to student,
since the student is leaving the school)

Abnyonghee Kay Ship Sheeyo

(spoken to someone who is staying; most likely
student to teacher, since the teacher is staying
at the school)

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