



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, Elbow 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 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 skills 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 STRIPE PERSONAL RECORD

ADVANCEMENTS:

	DATE
PROMOTION TO GREEN STRIPE	
BLUE TIP	
WHITE TIP	
RED TIP	
GREEN 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: Knowledge and proper execution of all stances of entire form (*Tae Geuk Il Jang*.)

WHITE TIP: Knowledge and proper execution of entire form.

RED TIP: Knowledge and proper execution of kicking techniques

GREEN 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 combination skills in sparring and knowledge of Korean Terms #3.

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 GREEN BELT

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

TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Il Jang* (Form)
- Green Stripe One-Step Sparring 1-3
- No-Contact Free Sparring
- Board Breaking with Back Leg Side Kick
- Knowledge of Korean Terms Sheet #3

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

ENTHUSIASM

열
정

"Share your energy with others"



MASTER YOO'S
"Building Skills For Life"

BLACK BELT PHILOSOPHY

ENTHUSIASM

"Nothing great was ever achieved without enthusiasm." - Ralph Waldo Emerson

"A man can succeed at almost anything for which he has unlimited enthusiasm." - Charles Schwab

"People are just about as happy as they make up their minds to be." - Abraham Lincoln

"The best way to cheer yourself up is to cheer everybody else up." - Mark Twain

"Enthusiasm moves the world." - J. Balfour

"All we need to make us really happy is something to be enthusiastic about." - Charles Kingsley

"Attitude is a little thing that makes a big difference." - anonymous

MARTIAL ARTS PERSPECTIVE

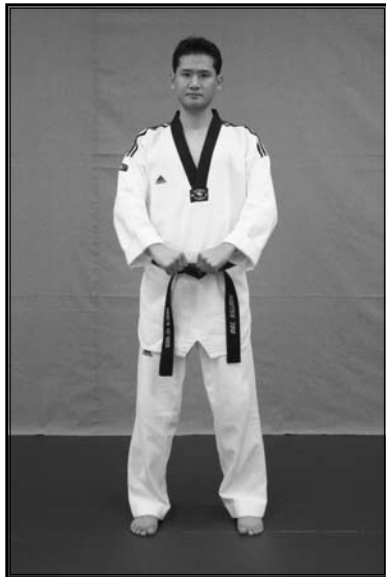
Attending Tae Kwon Do classes will likely be one of the most rewarding activities you have ever done. In addition to improving yourself physically and mentally, you will experience the fun of being surrounded by enthusiastic people. Each time you come to class you will notice how the instructors teach with passion and excitement. They will be sincerely interested in you and helping you to improve your skills. Your classmates will also brighten up when they see you and be excited about training together. You will come to look forward to hearing a room full of loud kihaps, the powerful yells that demonstrate Tae Kwon Do students' intensity and focus.

As a student yourself, you have a responsibility to contribute to the energy and excitement in the school. Always strive to give one hundred percent of your effort and to be enthusiastic towards your instructors and classmates. You will make your classes more enjoyable for yourself and everyone around you. Enthusiasm is one of the keys to maintaining motivation and continuing your progress.

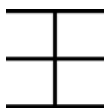
LIFE SKILL PERSPECTIVE

On a daily basis, adopt a habit of being more enthusiastic. Commit to making it a conscious decision rather than a spontaneous reaction. Resolve to take a sincere, friendly, and energetic attitude into everything you do. Work hard to find the positive side of every activity and person. Go into tasks or conversations expecting to enjoy yourself. Put a little more spring in your step, more excitement in your voice, and more laughter in your day. You will soon find that you can make any activity more enjoyable and that others around you appreciate your effort.

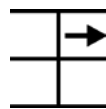
FORM: *TAE GEUK IL JANG*



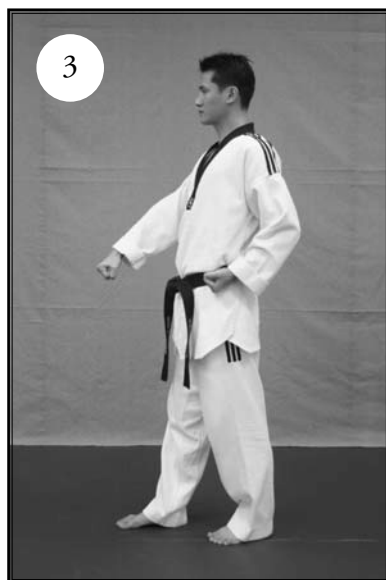
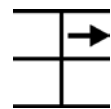
• READY STANCE



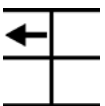
• WALKING STANCE
• DOWN BLOCK



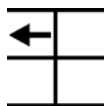
• WALKING STANCE
• MIDDLE PUNCH



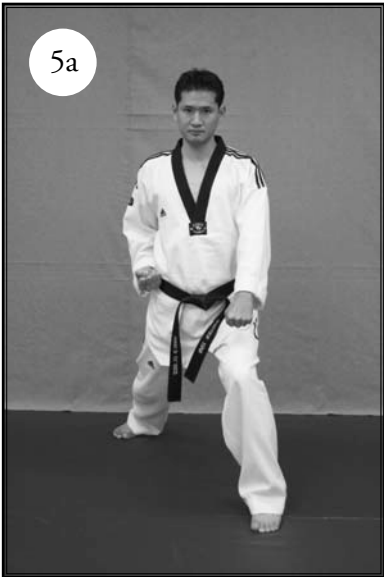
• WALKING STANCE
• DOWN BLOCK



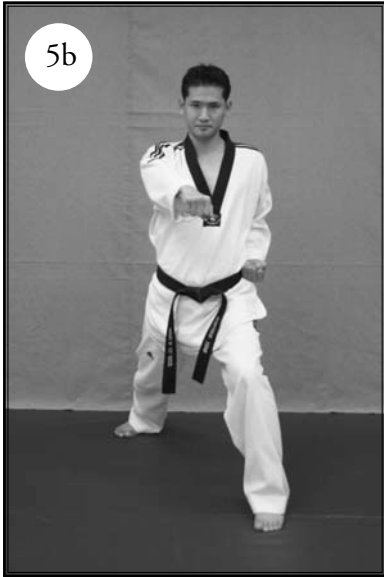
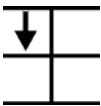
• WALKING STANCE
• MIDDLE PUNCH



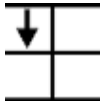
Maintaining a tight lower stomach and straight back will increase the power of your block and punch.



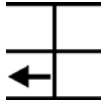
- FORWARD STANCE
- DOWN BLOCK



- FORWARD STANCE
- MIDDLE PUNCH



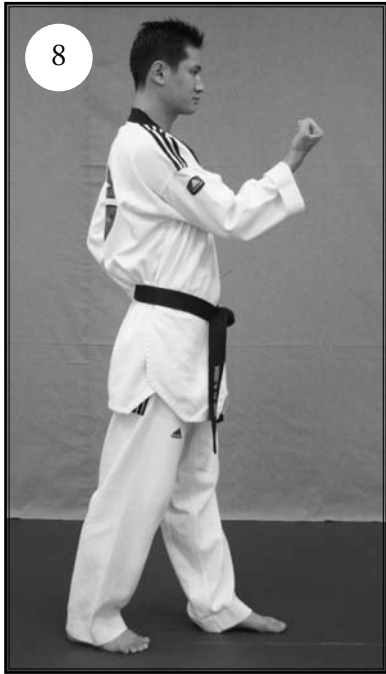
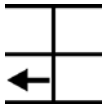
- WALKING STANCE
- INSIDE BODY BLOCK



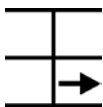
ENTHUSIASM



- WALKING STANCE
- MIDDLE PUNCH



- WALKING STANCE
- INSIDE BODY BLOCK



- WALKING STANCE
- MIDDLE PUNCH

