



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: Basic Strikes: Knifehand, Reverse Kicks: Face, Body, Down & Knifehand Strikes: PUNCHES Kicks: Front snap, Front rising, Crescent, Foot-to-foot side & Roundhouse	Stances: Basic Blocks: Inside body & Inside palm Strikes: Knifehand, Reverse Kicks: Basic kicks Back, Side & Axe kick	Stances: Walking Blocks: Inside body & Inside palm Strikes: Elbow Kicks: Skip-in roundhouse & Jumping front snap kick	Stances: All basic stance Blocks: All basic blocks Strikes: All basic punches Kicks: Back kick	Stances: Back Blocks: Knifehand Strikes: Reverse Knifehand & Reverse Other: Basic falls & foot work Kicks: Turning behind roundhouse kick	Blocks: Double knifehand Strikes: Spear finger & Back fist Kicks: Jumping roundhouse kick	Stances: Jumping cross Blocks: Combination body Strikes: Hammer fist, Back fist & Inside elbow Kicks: Jumping double roundhouse kick	Stances: Parallel Blocks: Knifehand outside face, Outside high single forearm & Crossing palm Kicks: Jumping turning behind roundhouse kick	Stances: Tiger Blocks: Scissor, Low X & Spreading Kicks: Jumping back kick & Jumping flying side kick	Stances: All stances Blocks: Double fist & Half mountain Strikes: Uppercut Kicks: Jumping 360 back kick & Jumping turning behind axe 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 combinations in sparring One-Step Sparring: 1-3 Form: Kibon Poomse I	Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Kibon Poomse II	Free Sparring: Understanding combinations in sparring One-Step Sparring: 1-3 Form: Tae Geuk 1	Free Sparring: Understanding distance in sparring One-Step Sparring: 1-3 Form: Tae Geuk 2	Free Sparring: Understanding distance in sparring One-Step Sparring: 1-3 Form: Tae Geuk 3	Free Sparring: Understanding counter-attacks in sparring Self-Defense: Single wrist grabs 1-3 Form: Tae Geuk 4	Free Sparring: Understanding counter-attacks in sparring Self-Defense: Double wrist grabs 1-3 Form: Tae Geuk 5	Free Sparring: Understanding timing in sparring Self-Defense: Front wrist grabs 1-3 Form: Tae Geuk 6	Free Sparring: Understanding timing in sparring Self-Defense: Back shoulder grabs 1-3 Form: Tae Geuk 7	Free Sparring: Understanding strategy in sparring Self-Defense: Front grabs 1-3 Form: Tae Geuk 8	Free Sparring: Understanding all sparring skills Self-Defense/One-Step Sparring: Choreographed
One-Step Sparring: 1-3 Board Breaking: Side Kick	One-Step Sparring: 1-3 Board Breaking: Side Kick	One-Step Sparring: 1-3 Board Breaking: Side Kick	One-Step Sparring: 1-3 Board Breaking: Back Kick	One-Step Sparring: 1-3 Board Breaking: Back Kick	One-Step Sparring: 1-3 Board Breaking: Spinning Kick	One-Step Sparring: 1-3 Board Breaking: Spinning Kick	One-Step Sparring: 1-3 Board Breaking: One hand technique & Spinning kick	One-Step Sparring: 1-3 Board Breaking: One hand technique & Spinning kick	One-Step Sparring: 1-3 Board Breaking: One jumping technique & Spinning kick	One-Step Sparring: 1-3 Board Breaking: 3-station board breaking
Korean Terms: #1 Black Belt Philosophy: Focus	Korean Terms: #2 Black Belt Philosophy: Integrity	Korean Terms: #3 Black Belt Philosophy: Enthusiasm	Korean Terms: #4 Black Belt Philosophy: Goal Setting	Korean Terms: #5 Black Belt Philosophy: Cooperation	Written Exam: #1 Black Belt Philosophy: Self-Control	Written Exam: #2 Black Belt Philosophy: Perseverance	Written Exam: #3 Black Belt Philosophy: Confidence	Essay: Respect Black Belt Philosophy: Respect	Essay: Responsibility Black Belt Philosophy: Responsibility	Essay: Leadership Black Belt Philosophy: Leadership



RED STRIPE

RED STRIPE PERSONAL RECORD

ADVANCEMENTS:

	DATE
PROMOTION TO 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 Oh 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

RED STRIPE

TESTING FOR DOUBLE RED STRIPE

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

TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Oh Jang* (Form)
- Red Stripe Self-Defense 1–3
- No-Contact Free Sparring
- Board Breaking With Spinning Kick
- Knowledge of Answers to Written Exam #2

ITEMS YOU MUST BRING:

- ☐ Completed Testing Application (two days in advance of testing)
- ☐ Testing Fee (two days in advance of testing)
- ☐ Written Exam #2
- ☐ Safety Gear for Sparring
- ☐ Attendance Card

PERSEVERANCE

"Never give up"



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MASTER YOO'S
"Building Skills For Life"

BLACK BELT PHILOSOPHY

PERSEVERANCE

“Energy and persistence conquer all things.” - Benjamin Franklin

“Success is a journey not a destination.” - Ben Sweetland

“Your own resolution to success is more important than any other one thing.” - Abraham Lincoln

*“Let me win, but if I cannot win, let me be brave in the attempt.”
- Motto of the Special Olympics*

“It does not matter how slowly you go, so long as you do not stop.” - Confucius

*“Many of life’s failures are men who did not realize how close they were
to success when they gave up.” - Thomas A. Edison*

“We can do anything we want to do if we stick with it long enough.” - Helen Keller

MARTIAL ARTS PERSPECTIVE

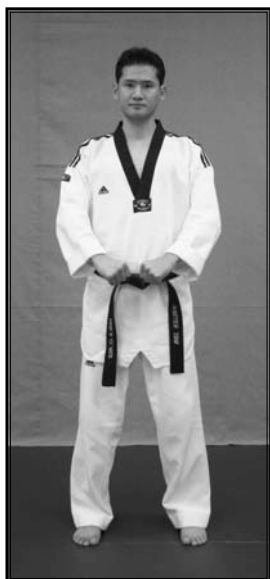
Even with the best instructors, most cooperative classmates, and clearly defined goals, it is not uncommon for a Tae Kwon Do student to undergo setbacks and disappointments. At times, you may become frustrated because you view your progress as being too slow or nonexistent. Don’t be afraid to share your concerns with an instructor. Not only have they lead thousands of students through the challenges you face, but they likely went through it themselves. As a result, they can provide you with strategies, tips, or a motivational boost to help you overcome your hurdles. Tae Kwon Do training cultivates a spirit of determination, perseverance, and indomitable spirit.

Breaking boards, learning an advanced form, or sparring with a highly skilled partner are challenges at first. If you rely on your instructors’ guidance and resolve to persevere, you can be confident you will achieve your goals.

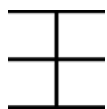
LIFE SKILL PERSPECTIVE

At this point, one year into your training, you have already demonstrated your ability to persevere in Tae Kwon Do. Learn to look at outside challenges as similar to Tae Kwon Do challenges. Remember how far you have come and how things that once seemed difficult and complicated are now much easier. Recognize if you are a beginner at a new activity that progress takes time. Have confidence in yourself and your ability to overcome almost any obstacle through consistency and dedication.

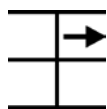
FORM: *TAE GEUK OH JANG*



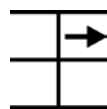
• READY STANCE



• FORWARD STANCE
• DOWN BLOCK



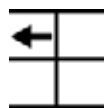
• WALKING STANCE
• HAMMER FIST



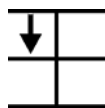
• FORWARD STANCE
• DOWN BLOCK



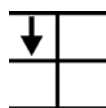
• WALKING STANCE
• HAMMER FIST



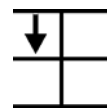
• FORWARD STANCE
• INSIDE BODY
BLOCK

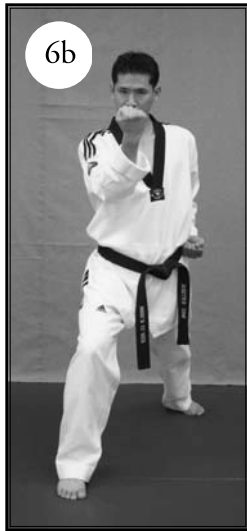


• FORWARD STANCE
• INSIDE BODY
BLOCK



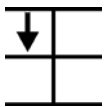
• FRONT SNAP KICK





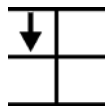
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- FORWARD STANCE
- BACKFIST STRIKE



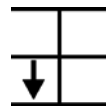
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- FORWARD STANCE
- INSIDE BODY BLOCK



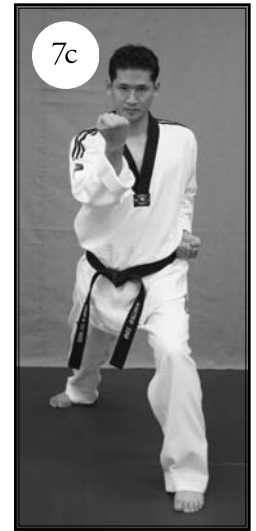
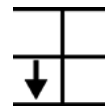
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- FRONT SNAP KICK



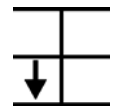
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- FORWARD STANCE
- BACKFIST STRIKE



7c

- FORWARD STANCE
- INSIDE BODY BLOCK

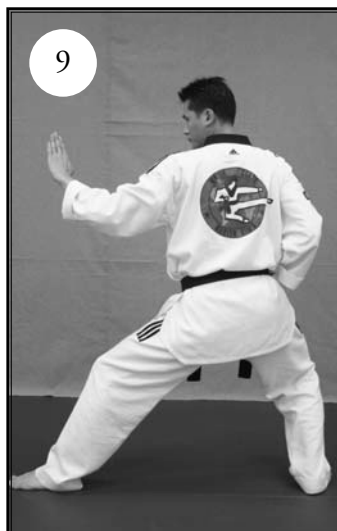
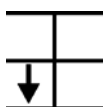


PERSEVERANCE



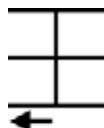
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- FORWARD STANCE
- BACKFIST STRIKE



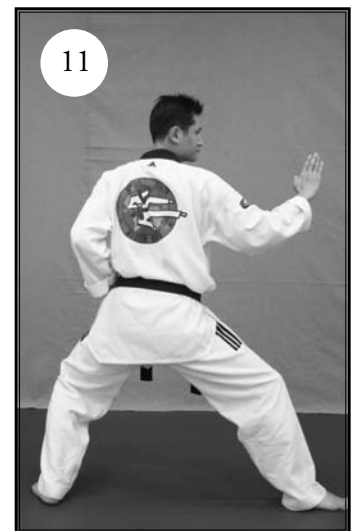
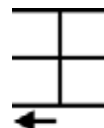
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- BACK STANCE
- KNIFEHAND BLOCK



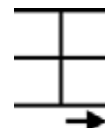
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- FORWARD STANCE
- ELBOW STRIKE



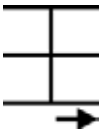
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- BACK STANCE
- KNIFEHAND BLOCK

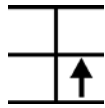




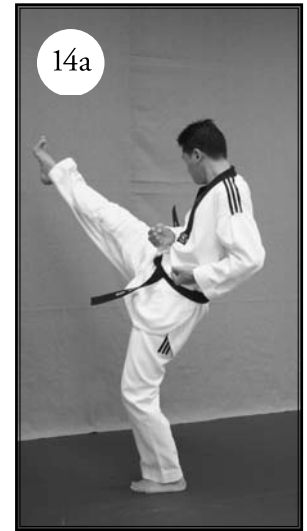
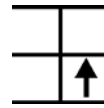
- FORWARD STANCE
- ELBOW STIKE



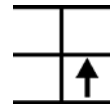
- FORWARD STANCE
- DOWN BLOCK



- FOWARD STANCE
- INSIDE BODY BLOCK



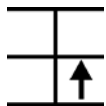
- FRONT SNAP KICK



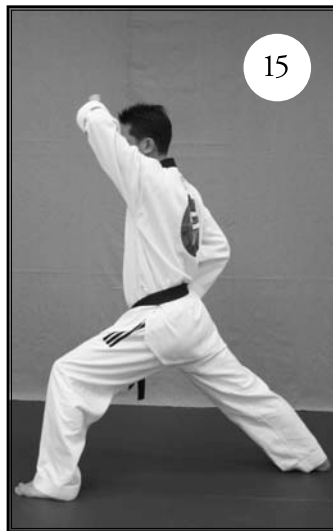
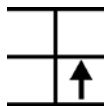
BRING YOUR FRONT SNAP KICK BACK COMPLETELY FOR A SMOOTH TRANSITION TO YOUR PUNCH.



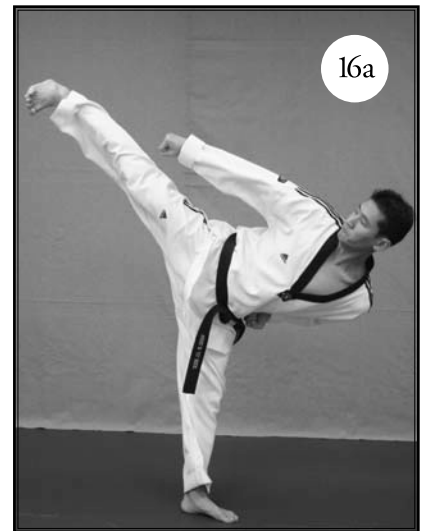
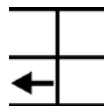
- FORWARD STANCE
- DOWN BLOCK



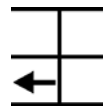
- FORWARD STANCE
- INSIDE BODY BLOCK



- FORWARD STANCE
- FACE BLOCK

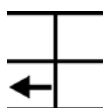


- SIDE KICK

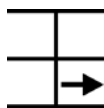




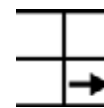
- FORWARD STANCE
- ELBOW TARGET STRIKE



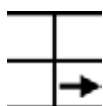
- FORWARD STANCE
- FACE BLOCK



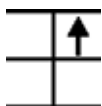
- SIDE KICK



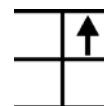
- FORWARD STANCE
- ELBOW TARGET STRIKE



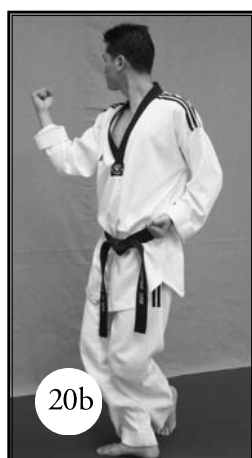
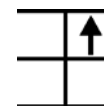
- FORWARD STANCE
- DOWN BLOCK



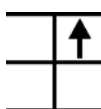
- FORWARD STANCE
- INSIDE BODY BLOCK



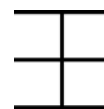
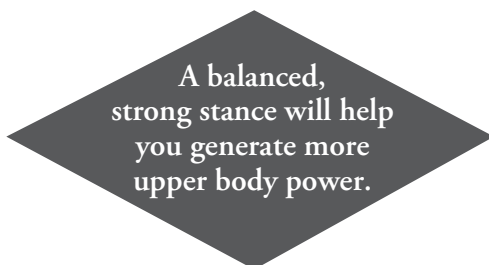
- FRONT SNAP KICK



- CROSS STANCE
- BACKFIST STRIKE
- *KIHAP*



- READY STANCE



SELF-DEFENSE

AGAINST A DOUBLE-HAND WRIST GRAB

NUMBER 1

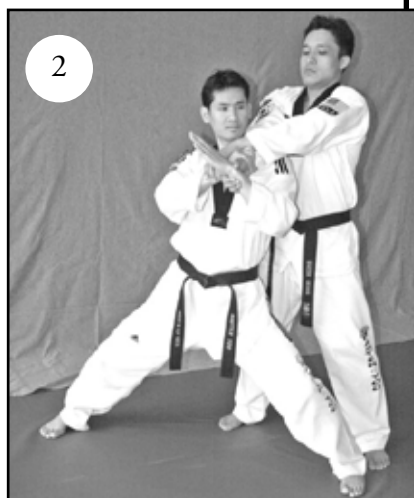
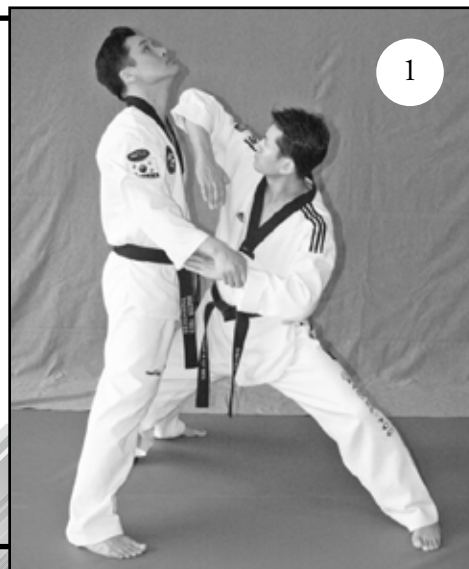
Attacker: Grab both of partner's wrists.

Response: Right foot step forward into horse riding stance, right hand press palm down to escape wrist grab, right elbow strike upward to attacker's chin.

Right hand grab attacker's right wrist.

Right foot step back into forward stance, both hands twist attacker's wrist into a wrist lock. Apply pressure with both thumbs up to the back of attacker's hand.

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



NUMBER 2

Attacker: Grab both of partner's wrists.

Response: Right hand reach diagonally across and grab the top of attacker's right wrist, your thumb on top.

Step forward with left foot into horse riding stance while turning your back toward attacker and raising hands up to shoulder level.

Holding on to attacker's wrist, pull attacker's elbow down over your shoulder.

Pull out your left hand and left elbow strike to attacker's solar plexus, *Kihap*.

NUMBER 3

Attacker: Grab both of partner's wrists.

Response: Left hand turn palm upward.

Right hand grab attacker's hand.

Using both hands twist attacker's wrists, and press attacker to the ground.

Left hand hold attacker in wrist lock.

Right hand face punch, *Kihap*.

