



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: PUNCHES Kicks: Front snap, Front rising, Crescent, Foot-to-foot side & Roundhouse	Stances: Basic Blocks: Knifehand Strikes: Knifehand, Reverse, Knifehand 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: Knifehand & Reverse knifehand 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, 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
Form: Kibon Poomse I One-Step Sparring: 1-3 Korean Terms: #1 Black Belt Philosophy: Focus	Form: Kibon Poomse II Board Breaking: Side Kick Korean Terms: #2 Black Belt Philosophy: Integrity	Form: Tae Geuk 1 Board Breaking: Side Kick Korean Terms: #3 Black Belt Philosophy: Enthusiasm	Form: Tae Geuk 2 Board Breaking: Back Kick Korean Terms: #4 Black Belt Philosophy: Goal Setting	Form: Tae Geuk 3 Board Breaking: Back Kick Korean Terms: #5 Black Belt Philosophy: Cooperation	Form: Tae Geuk 4 Board Breaking: Spinning Kick Written Exam: #1 Black Belt Philosophy: Self-Control	Form: Tae Geuk 5 Board Breaking: Spinning Kick Written Exam: #2 Black Belt Philosophy: Perseverance	Form: Tae Geuk 6 Board Breaking: One hand technique & Spinning kick Written Exam: #3 Black Belt Philosophy: Confidence	Form: Tae Geuk 7 Board Breaking: One hand technique & Spinning kick Essay: Respect Black Belt Philosophy: Respect	Form: Tae Geuk 8 Board Breaking: One jumping technique & Spinning kick Essay: Responsibility Black Belt Philosophy: Responsibility	Form: All Tae Geuk demonstrated at random Board Breaking: 3-station board breaking Essay: Leadership Black Belt Philosophy: Leadership



WHITE BELT PERSONAL RECORD

ADVANCEMENTS:

	DATE
FIRST CLASS	
RED TIP	
1ST YELLOW TIP	
BLUE TIP	
2ND YELLOW TIP	
BLACK TIP	

AWARDS:

DATE	TYPE	COMMENTS

TOURNAMENTS:

DATE	LOCATION	FORMS	BOARD BREAKING	COMMENTS

DEMONSTRATIONS:

DATE	LOCATION	TECHNIQUES	NOTES

TIPS & TIME REQUIREMENTS

FIVE TIPS

YELLOW TIP: Knowledge and proper execution of all 12 movements of form (*Kibon Poomse I*).

RED TIP: Knowledge and proper execution of basic kicking techniques.

BLUE TIP: Knowledge and proper execution of one-step sparring technique # 1 (block and counter drills with a partner.)

YELLOW TIP: Knowledge and proper execution of all three one-step sparring techniques (block and counter drills with a partner).

BLACK TIP (Testing Readiness): Knowledge and proper execution of all belt testing requirements as listed below, including knowledge of the Korean Terms #1.

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 YELLOW BELT

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

TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

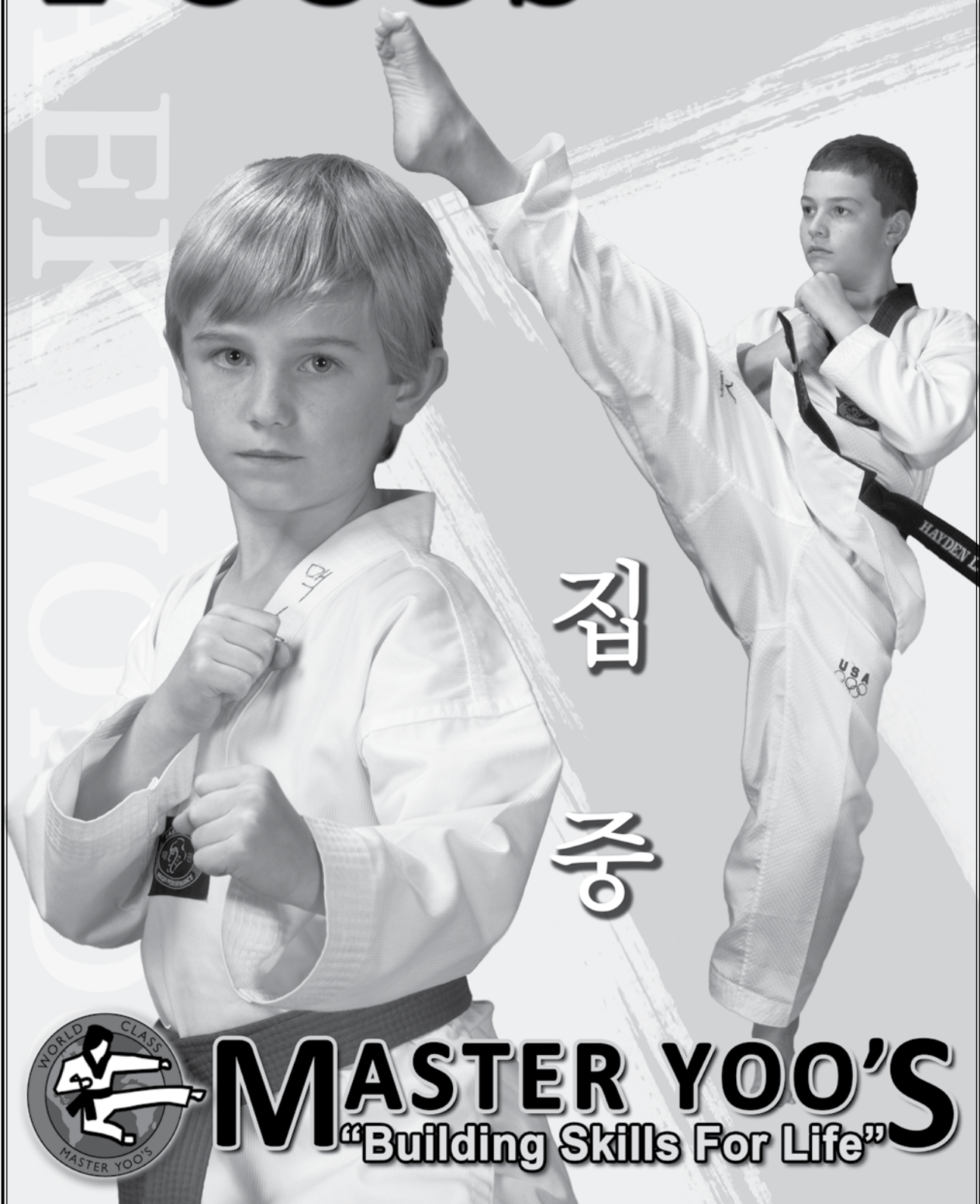
- Horse riding stance and punch
- Front snap kick
- Roundhouse kick
- Foot-to-foot side kick
- *Kibon Poomse I* (Basic Form)
- White Belt One-Step Sparring 1-3
- Knowledge of Korean Terms #1

ITEMS YOU MUST BRING:

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

"The power of concentration"

FOCUS



BLACK BELT PHILOSOPHY

FOCUS

“The ability to concentrate and to use your time well is everything.” - Lee Iacocca

“The secret to success in any human endeavor is total concentration.” - Kurt Vonnegut

“To do two things at once is to do neither.” - Pubilius Syrus

“When walking, walk, when eating, eat.” - Zen Maxim

“Do whatever you do intensely.” - Robert Henri

MARTIAL ARTS PERSPECTIVE

As a beginner, one of the most important habits you can develop to make learning easier is the habit of focus. At Master Yoo's World Class Tae Kwon Do, focus is taught using the following:

FOCUS YOUR EYES: When being taught, focus on making and keeping eye contact with the instructor.

FOCUS YOUR BODY: A focused posture is one where a student stands or sits with their chest spread and body motionless. This posture conveys attentiveness.

FOCUS YOUR MIND: A focused mind does not stray from the task at hand. Work to block out distractions and concentrate on your goal.

LIFE SKILL PERSPECTIVE

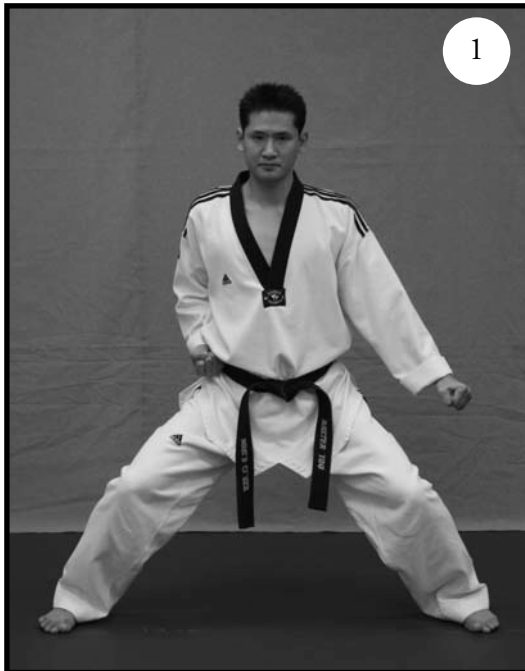
For children, developing a habit of focus will improve their success in any area of learning. The goal of the focus curriculum is to teach skills that will carry over to the academic classroom, playing field, and other activities. When a child develops strong focus habits, they will be rewarded with greater comprehension and faster progress.

For adults, the focus curriculum is a valuable reminder. With consistent focus you can achieve more in your personal and professional life. Focus will help you to stay on track and to relieve stress despite the numerous challenges you encounter on a daily basis. As a skilled martial artist, you will develop the ability to focus on a moment's notice, whether it be breaking a board, making a presentation, or listening to your child.

FORM: *KIBON POOMSE I*



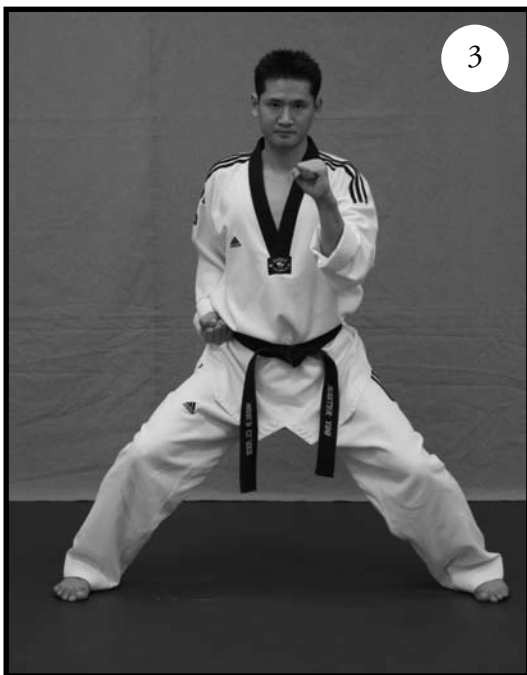
- READY STANCE



- HORSE RIDING STANCE
- LEFT HAND DOWN BLOCK



- HORSE RIDING STANCE
- RIGHT HAND DOWN BLOCK

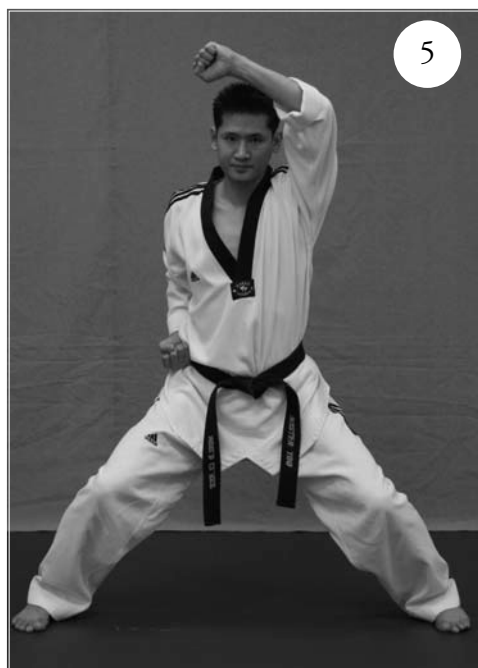


- HORSE RIDING STANCE
- LEFT HAND BODY BLOCK

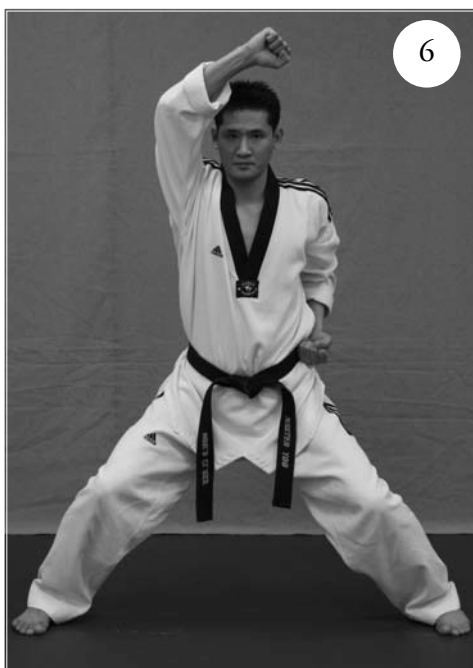


- HORSE RIDING STANCE
- RIGHT HAND BODY BLOCK

FOCUS



- HORSE RIDING STANCE
- LEFT HAND FACE BLOCK



- HORSE RIDING STANCE
- RIGHT HAND FACE BLOCK

Remember to
look straight
and concentrate
on the purpose
of each
technique!



- HORSE RIDING STANCE
- LEFT HAND
MIDDLE PUNCH

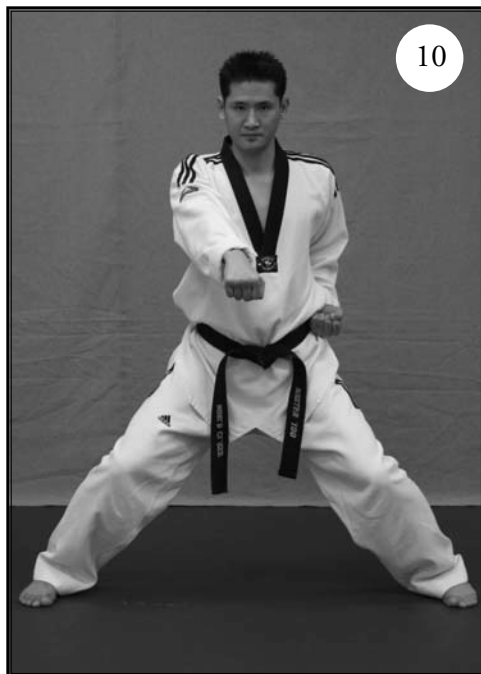


- HORSE RIDING STANCE
- RIGHT HAND
MIDDLE PUNCH



- HORSE RIDING STANCE
- LEFT HAND
MIDDLE PUNCH

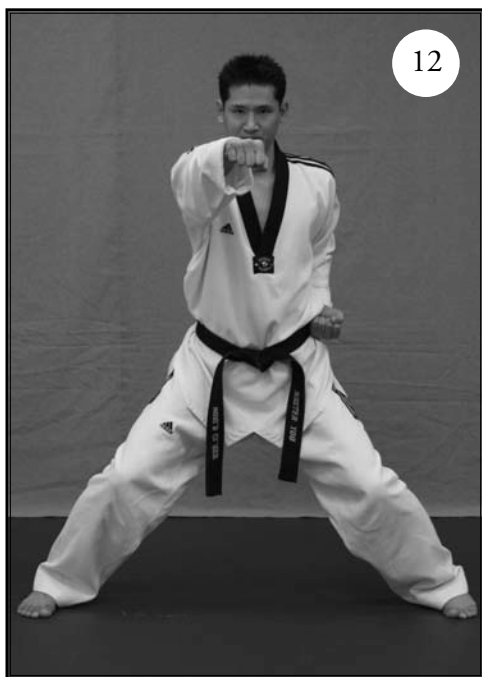
Concentrate
your weight evenly
on both legs
and tighten your
lower stomach.



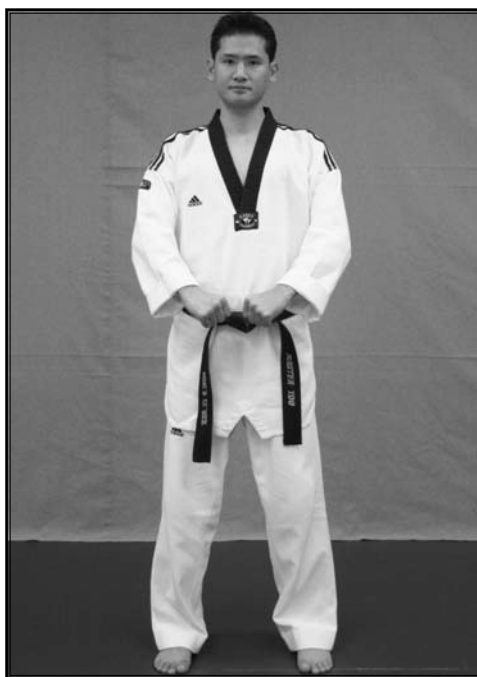
- HORSE RIDING STANCE
- RIGHT HAND LOW PUNCH



- HORSE RIDING STANCE
- LEFT HAND MIDDLE PUNCH



- HORSE RIDING STANCE
- RIGHT HAND FACE PUNCH
- *KIHAP*



- READY STANCE

When executing
a high punch,
aim for the
upper lip.

ONE-STEP SPARRING

NUMBER 1

Attacker: Face Punch

Defender: Left foot step forward into forward stance, left hand face block.

Right hand face punch, *Kihap*.



NUMBER 2

Attacker: Face Punch

Defender: Right foot step forward 45 degrees into horse riding stance, left hand outside forearm block.

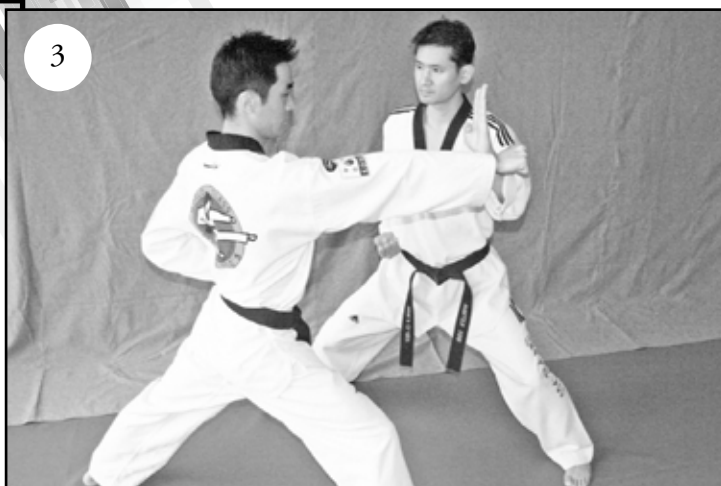
Right hand middle punch, left hand middle punch, *Kihap*.

NUMBER 3

Attacker: Face Punch

Defender: Right foot step forward 45 degrees into horse riding stance, left hand knifehand block.

Right hand middle punch followed by left hand middle punch (double middle punch to the solar plexus) right hand face punch, *Kihap*.



KOREAN TERMS #1

GENERAL TERMS

Uniform	<i>Dobok</i>
School	<i>Dojang</i>

COMMANDS

Attention	<i>Cha-Ryot</i>
Bow	<i>Kyong Ye</i>
Bow to the Master	<i>Sabum-Nim Kae Kyong Ye</i>
Bow to the Instructor	<i>Suhn-Bae Nim Kae Kyong Ye</i>
Bow to the Flags	<i>Kukiae Dae Hiyo Kyong Ye</i>

COUNTING

One – <i>Hana</i>	Six – <i>Yuksot</i>
Two – <i>Dul</i>	Seven – <i>Ilgop</i>
Three – <i>Set</i>	Eight – <i>Yodol</i>
Four – <i>Net</i>	Nine – <i>Ahope</i>
Five – <i>Dasot</i>	Ten – <i>Yul</i>

TECHNIQUES

Front Snap Kick	<i>Ap Chagi</i>
Roundhouse Kick	<i>Dol Yo Chagi</i>
Side Kick	<i>Yop Chagi</i>

COURTESY PHRASES

Thank You	<i>Kam Saham Needa</i>
You're Welcome	<i>Chun Mahn Aeyo</i>

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