



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 Block: Face, Body, Down & Knifehand Strikes: PUNCHES	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
Free Sparring: Front snap, Front rising, Crescent, Foot-to-foot side & Roundhouse	Free Sparring: Understanding combinations in sparring	Free Sparring: Understanding combinations in sparring	Free Sparring: Understanding distance in sparring	Free Sparring: Understanding distance in sparring	Free Sparring: Understanding counter-attacks in sparring	Free Sparring: Understanding counter-attacks in sparring	Free Sparring: Understanding timing in sparring	Free Sparring: Understanding timing in sparring	Free Sparring: Understanding strategy in sparring	Free Sparring: Understanding strategy in sparring
One-Step Sparring: 1-3	One-Step Sparring: 1-3	One-Step Sparring: 1-3	One-Step Sparring: 1-3	One-Step Sparring: 1-3	Self-Defense: Single wrist grabs 1-3	Self-Defense: Double wrist grabs 1-3	Self-Defense: Front wrist grabs 1-3	Self-Defense: Back shoulder grabs 1-3	Self-Defense: Front grabs 1-3	Self-Defense/One-Step Sparring: Choreographed
Form: Kibon Poomse I	Form: Tae Geuk 1	Form: Tae Geuk 1	Form: Tae Geuk 2	Form: Tae Geuk 3	Form: Tae Geuk 4	Form: Tae Geuk 5	Form: Tae Geuk 6	Form: Tae Geuk 7	Form: Tae Geuk 8	Form: All Tae Geuk demonstrated at random
Board Breaking: Side Kick	Board Breaking: Side Kick	Board Breaking: Side Kick	Board Breaking: Back Kick	Board Breaking: Back Kick	Board Breaking: Spinning Kick	Board Breaking: Spinning Kick	Board Breaking: One hand technique & Spinning kick	Board Breaking: One hand technique & Spinning kick	Board Breaking: One jumping technique & Spinning kick	Board Breaking: 3-station board breaking
Korean Terms: #1	Korean Terms: #2	Korean Terms: #3	Korean Terms: #4	Korean Terms: #5	Written Exam: #1	Written Exam: #2	Written Exam: #3	Essay: Respect	Essay: Responsibility	Essay: Leadership
Black Belt Philosophy: Focus	Black Belt Philosophy: Integrity	Black Belt Philosophy: Enthusiasm	Black Belt Philosophy: Goal Setting	Black Belt Philosophy: Cooperation	Black Belt Philosophy: Self-Control	Black Belt Philosophy: Perseverance	Black Belt Philosophy: Confidence	Black Belt Philosophy: Respect	Black Belt Philosophy: Responsibility	Black Belt Philosophy: Leadership



YELLOW BELT PERSONAL RECORD

ADVANCEMENTS:

	DATE
PROMOTION TO YELLOW BELT	
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. (*Kibon Poomse II*).

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 #2.

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

YELLOW BELT

TESTING FOR GREEN STRIPE BELT

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

TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Kibon Poomse II*
- Yellow Belt One-Step Sparring 1-3
- No-Contact Free Sparring
- Board Breaking with Back Leg Side Kick
- Knowledge of Korean Terms #2

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

INTEGRITY

"Always communicate truthfully
and act with fairness"



정 직



MASTER YOO'S

"Building Skills For Life"

BLACK BELT PHILOSOPHY

INTEGRITY

*“Be honest about where you are but also be honest about what your possibilities are.
That keeps the challenge of the path always before us.” - Thanissaro Bhikkhu*

“Treat your inferiors as you would want your superiors to treat you.” - Confucius

*“If people really understood that their behavior was wrong, then they simply wouldn’t choose it.”
- Socrates*

“The person that loses their conscience has nothing left worth keeping.” - Izaak Walton

*“A ‘no’ uttered from deepest conviction is better and greater than a ‘yes’ merely uttered to please,
or worse, to avoid trouble.” - Mohandas K. Gandhi*

“Whenever you do a thing, act as if all the world were watching.” - Thomas Jefferson

MARTIAL ARTS PERSPECTIVE

Throughout your Tae Kwon Do Training, you must learn what fair-play means and be honest about your actions. Admitting and being responsible for your mistakes represents honesty to both yourself and others.

Throughout your Tae Kwon Do training, always obey the rules and accept the outcome. Do not blame others for your mistakes and be humble to others. During class, treat your classmates the way you wish to be treated and respect others and their values.

LIFE SKILL PERSPECTIVE

One of the first lessons all children are taught is being honest about themselves and their actions. Integrity can be viewed as an outward picture of the inward portrait that essentially makes up a person. The more dishonest someone is, the less likely they are to understand honesty and characterize their behavior as wrong. Always communicate and act truthfully and with fairness.

Another key lesson of integrity is to understand other people’s values and to treat others the way they wish to be treated. Being honest with others and respecting their values are the key concepts of exercising integrity. Integrity is knowing what is important to you and living your actions accordingly.

FORM: *KIBON POOMSE II*

For maximum power, try to use both arms equally in an action-reaction motion.



• READY STANCE



• WALKING STANCE
• DOWN BLOCK



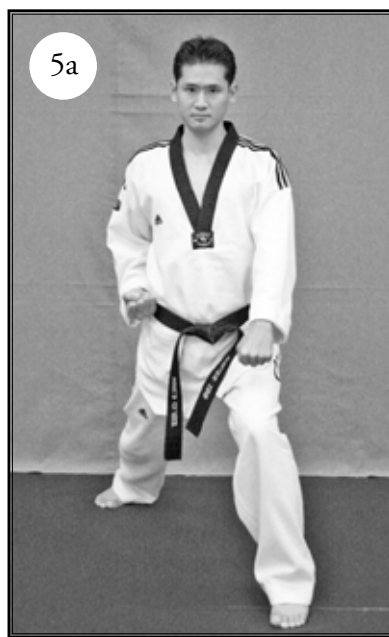
• WALKING STANCE
• MIDDLE PUNCH



• WALKING STANCE
• DOWN BLOCK



• WALKING STANCE
• MIDDLE PUNCH



• FORWARD STANCE
• DOWN BLOCK

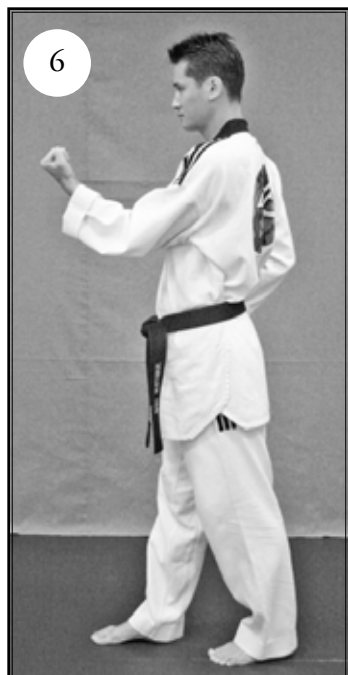


• FORWARD STANCE
• MIDDLE PUNCH



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

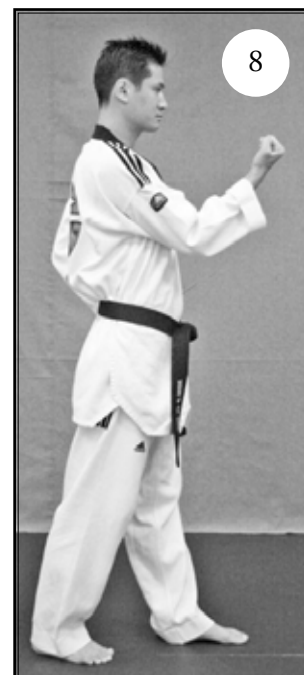
Your wrist must be in line with your forearm for all blocks and punches!



- WALKING STANCE
- INSIDE BODY BLOCK



- WALKING STANCE
- MIDDLE PUNCH



- WALKING STANCE
- INSIDE BODY BLOCK



YELLOW BELT

INTEGRITY



- WALKING STANCE
- MIDDLE PUNCH



- FORWARD STANCE
- DOWN BLOCK



- FORWARD STANCE
- MIDDLE PUNCH
- *KIHAP*



- READY STANCE



ONE-STEP SPARRING

NUMBER 1

Attacker: Face Punch

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

Left hand middle punch, right hand middle punch.

Right hand face punch, *Kihap*.

1



2

NUMBER 2

Attacker: Face Punch

Defender: Right foot step 45 degrees into horse riding stance.

Left hand knifehand block and right hand knifehand strike to neck (at the same time).

Left hand grab attacker's wrist and right hand reverse knifehand strike (palm down) to neck, *Kihap*.



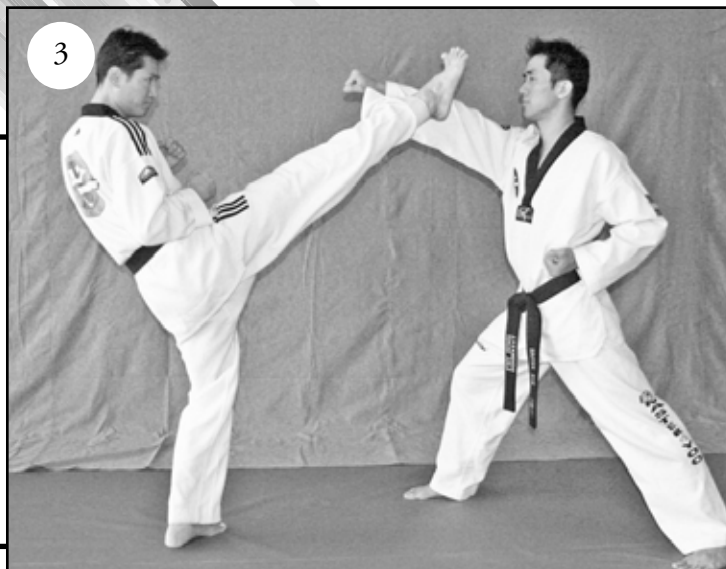
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NUMBER 3

Attacker: Face Punch

Defender: Right foot front snap kick to face, step down into forward stance.

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



KOREAN TERMS #2

COMMANDS

Ready	<i>Joonbi</i>
Return (to Relax)	<i>Baro</i>
At Ease	<i>Sheer</i>

GENERAL TERMS

Form	<i>Poomse</i>
Sparring	<i>Gyoroogi</i>

TECHNIQUES

Forward Stance	<i>Up Goobi</i>
Back Stance	<i>Dwee Goobi</i>
Horse Riding Stance	<i>Choo Choom Sogi</i>

COURTESY PHRASES

Hello	<i>Anyong Ha Shim Neeka</i>
Good to see you	<i>Bangap Seumnida</i>



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