



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



RED BELT

# RED BELT PERSONAL RECORD

## *ADVANCEMENTS:*

	DATE
PROMOTION TO RED BELT	
GREEN TIP	
WHITE TIP	
BLUE 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 Chil Jang*).  
Adults – Memorization of entire form.

**WHITE TIP:** Knowledge and proper execution of entire form.

**BLUE 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 timing 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

## TESTING FOR BLACK STRIPE

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

### TECHNIQUES YOU WILL BE ASKED TO DEMONSTRATE:

- *Tae Geuk Chil Jang* (Form)
- Red Belt Self-Defense 1–3
- No-Contact Free Sparring
- Board Breaking With Spinning Kick and Any Hand Technique

### ITEMS YOU MUST BRING:

- ☐ Completed Testing Application (two days in advance of testing)
- ☐ Testing Fee (two days in advance of testing)
- ☐ One-Page Essay: The Importance of Respect in Tae Kwon Do
- ☐ Safety Gear for Sparring
- ☐ Attendance Card

# RESPECT

“Treat others the way  
you want to be treated”



**MASTER YOO'S**  
“Building Skills For Life”

# BLACK BELT PHILOSOPHY

## RESPECT

*“Think of respect not as a duty, but as a privilege.” - George Washington*

*“Some pursue happiness, others create it through courteous acts.” - Gandhi*

*“Seek first to understand and then to be understood.” - Dr. Stephen Covey*

## MARTIAL ARTS PERSPECTIVE

The first thing a new student may notice when learning Tae Kwon Do is all of the obvious signs of respect demonstrated during training. Students remove their shoes before entering the practice floor. They bow to one another during classes. They use honorary terms such as Mr., Mrs., and Master, and answer, “yes, sir” and “yes, ma’am.” However, these actions only scratch the surface of the deeper respect intrinsically developed in Tae Kwon Do.

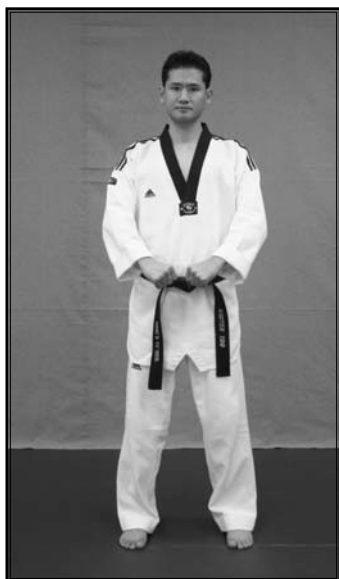
Through your Tae Kwon Do training, you have come in contact with hundreds, perhaps even thousands, of other students. Your training partners have represented a variety of backgrounds, professions, and cultures. They also varied in skill and ability. Yet, in the Tae Kwon Do classroom, every student is treated equally, and partners treat each other with courtesy and understanding. This willingness to completely accept others who are different than you is the core of respect. You will find that when you truly accept someone for who they are, you will be able to work together more easily and effectively.

## LIFE SKILL PERSPECTIVE

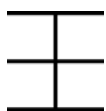
Many children are raised hearing the phrase that they should respect their elders. Troubled young people are sometimes labeled as having no respect for authority. Clearly respect issues, the desire to have it given to you, and at times, difficulty expressing it towards others, are situations that we have all encountered. One thing is certain, just as in the Tae Kwon Do school, demanding respect based on a superior position, such as instructor to student or boss to worker, will not last for long.

The best way to earn respect in your personal and professional life is to first give it. Even when you are in a position of authority over someone else, you can still take into account their needs and feelings. Be willing to let others express their views and be courteous even when you disagree. Have the patience and self-discipline to treat others with good manners even if they don’t treat you that way at first. Over time you will notice that if you are consistently respectful towards someone else they will come to treat you with respect as well.

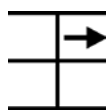
# FORM: *TAE GEUK CHIL JANG*



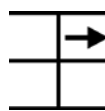
• READY STANCE



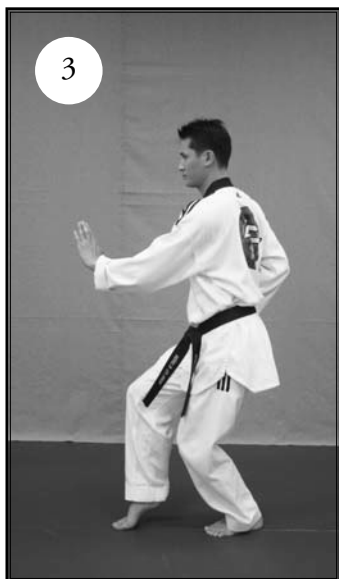
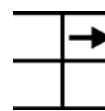
• TIGER STANCE  
• PALM BLOCK



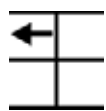
• FRONT SNAP KICK



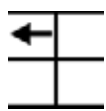
• TIGER STANCE  
• INSIDE BODY BLOCK



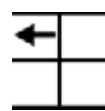
• TIGER STANCE  
• PALM BLOCK



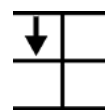
• FRONT SNAP KICK



• TIGER STANCE  
• INSIDE BODY BLOCK



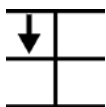
• BACK STANCE  
• LOW DOUBLE  
KNIFEHAND BLOCK



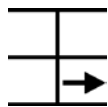




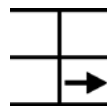
- BACK STANCE
- LOW DOUBLE KNIFEHAND BLOCK



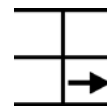
- TIGER STANCE
- DOUBLE PALM BLOCK



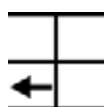
- TIGER STANCE
- TWIST SHOULDER BACK



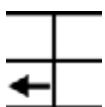
- TIGER STANCE
- DOUBLE HAND BACKFIST STRIKE



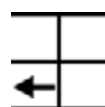
- TIGER STANCE
- DOUBLE PALM BLOCK



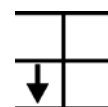
- TIGER STANCE
- TWIST SHOULDER BACK



- TIGER STANCE
- DOUBLE HAND BACKFIST STRIKE

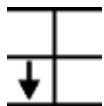


- CLOSE STANCE
- COVER FIST

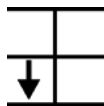




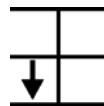
- FORWARD STANCE
- SCISSOR BLOCK



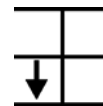
- FORWARD STANCE
- SCISSOR BLOCK



- FORWARD STANCE
- SCISSOR BLOCK



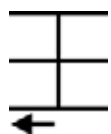
- FORWARD STANCE
- SCISSOR BLOCK



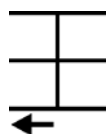
A good *poomse* combines understanding and performance!



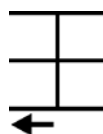
- FORWARD STANCE
- SPREADING BLOCK



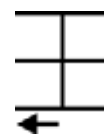
- ONE LEG STANCE
- TWO HANDS GRAB OPPONENT'S HEAD



- ONE LEG STANCE
- PULLING DOWN AND KNEE STRIKE



- CROSS STANCE
- DOUBLE UPPERCUT PUNCH

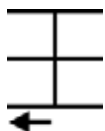






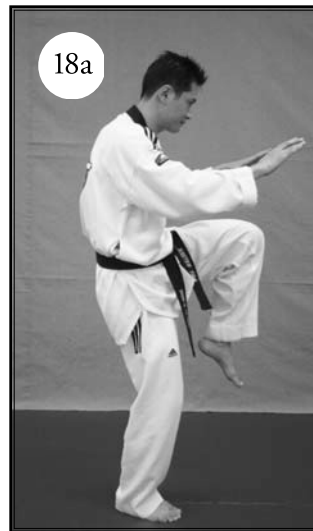
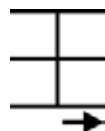
16

- FORWARD STANCE
- LOW CROSS BLOCK



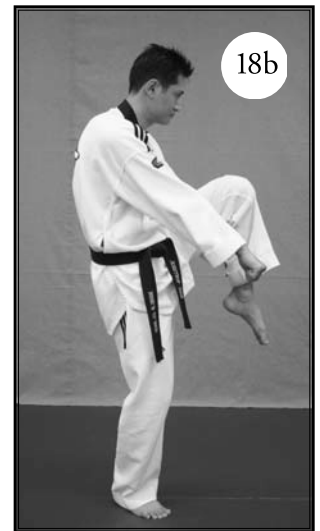
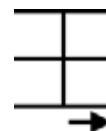
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- FORWARD STANCE
- SPREADING BLOCK



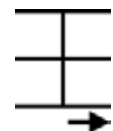
18a

- ONE LEG STANCE
- TWO HANDS GRAB OPPONENT'S HEAD



18b

- ONE LEG STANCE
- PULLING DOWN AND KNEE STRIKE



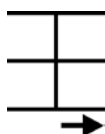
Be certain to understand the purpose of each technique and focus on proper execution!

RED BELT



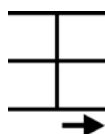
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- CROSS STANCE
- DOUBLE UPPERCUT PUNCH



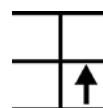
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- FORWARD STANCE
- LOW CROSS BLOCK



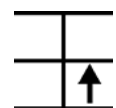
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- WALKING STANCE
- OUTSIDE BACKFIST STRIKE



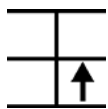
21a

- CRESCENT KICK

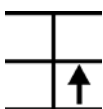




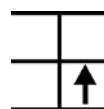
- HORSE RIDING STANCE
- ELBOW STRIKE



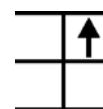
- WALKING STANCE
- OUTSIDE BACKFIST STRIKE



- CRESCENT KICK



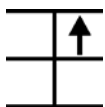
- HORSE RIDING STANCE
- ELBOW STRIKE



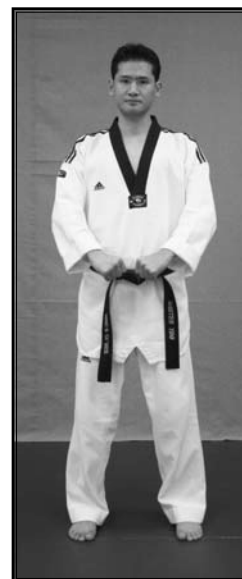
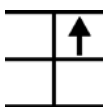
For more advanced forms, try adjusting the speed and rhythm of combinations to create a better flow of movement.



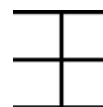
- HORSE RIDING STANCE
- KNIFEHAND SIDE BLOCK



- HORSE RIDING STANCE
- MIDDLE SIDE PUNCH
- *KIHAP*



- READY STANCE



# SELF-DEFENSE

## AGAINST A SINGLE-HAND SHOULDER GRAB FROM BEHIND

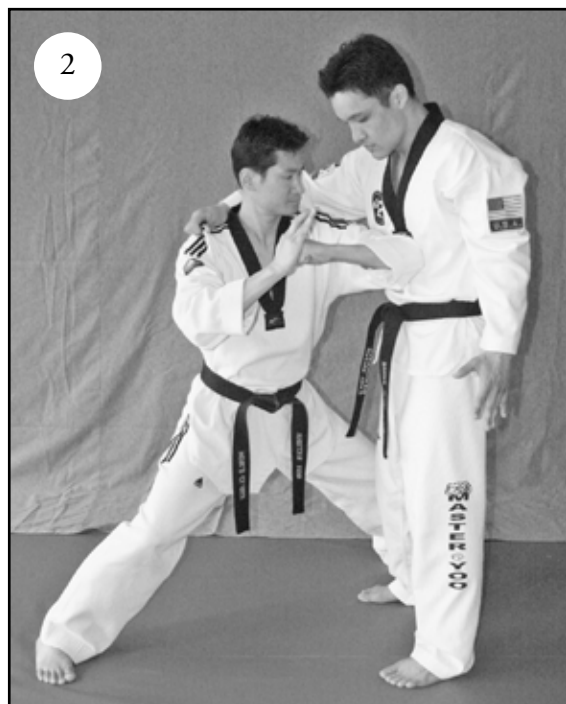
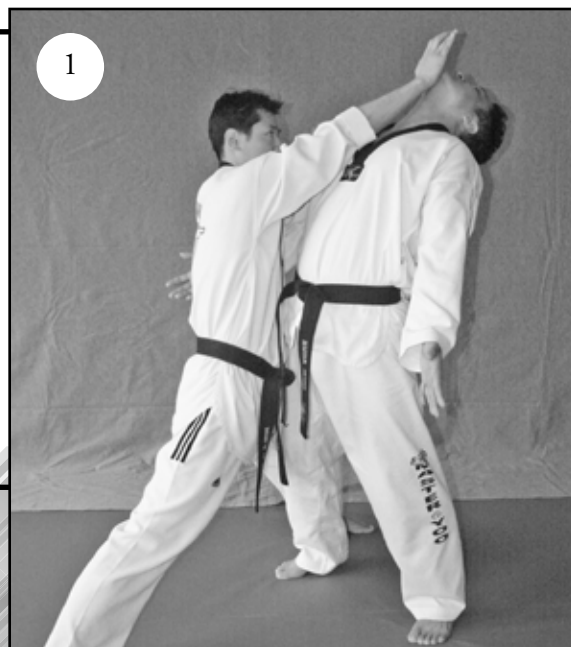
### NUMBER 1

*Attacker:* Standing behind partner, grab partner's right shoulder with your right hand.

*Response:* Bring left arm straight up, while stepping back with left foot, wrap left arm around attacker's arm.

Right hand palm strike to attacker's chin, right leg sweep attacker.

Right hand face punch, *Kihap*.



### NUMBER 2

*Attacker:* Standing behind partner, grab partner's right shoulder with your right hand.

*Response:* Left foot step back into horse riding stance, left elbow strike to attacker's solar plexus.

Left hand reach under, then over attacker's arm, right hand grab own left wrist, pull attacker forward and down.

Right knee strike to attacker's solar plexus, then right leg sweep attacker.

Right hand

### NUMBER 3

*Attacker:* Standing behind partner, grab partner's right shoulder with your right hand.

*Response:* Left foot step back and duck underneath attacker's arm.

Right hand grab attacker's hand.

Push left forearm against attacker's elbow and push attacker to the ground.

Right hand twist attacker's arm behind their back, place left knee on top of it.

Right hand pull attacker's head back, *Kihap*.

