

TAE KWON DO CURRICULUM

White Belt

Positions:

Attention
Ready
Salutations

Stances:

Horse
Fighting
Front

Back

Kicks:

Stretch
Front
Double Front
Side
Sliding Side

Blocks:

High
Low
Inside
Outside
Knife Hand/V Block

Strikes:

Straight Punch
Back Fist
Reverse Punch
Inside Chop

Self Defense:

Pivot Vs. Push
Pull Vs. Grab
#1 Choke Hold "The Web"

Forms:

22-B
Palgue 1

Combinations:

Back Fist, Reverse
Punch, Front Kick

Falls and Rolls:

Back Fall

Yellow Belt

Kicks:

Front Snap
Sliding Front Snap
Flying Jump Front
Pop-Up Front
Front/Side Push

Blocks:

Knife Hand Low
Double Down
Double Outside

Strikes:

Sliding Reverse Punch
Sliding Back Fist

Self Defense:

#2 Double Lapel Grab
"Shark Attack"
Off Balance Shove
Principle

Forms:

Palgue 2

1 Step Sparring:

#1 Front Push Kick,
Front Kick & Step

Combinations:

The Four Slides
#1 Front Kick Combo

Sparring

Combinations:

Back Fist, Sliding Side
Kick

Falls and Rolls:

Back Roll

Orange Belt

Stances:

Crane Stance

Kicks:

Round House
Sliding Round House
Jumping Round House
Pop-Up Round House
Rear Leg Side

Blocks:

Sparring Inside (Press)
Sparring Outside
(Guarding Hand)

Strikes:

Jab
Ridge Hand
Elbow (Basic 5)
Tiger Rake

Self Defense:

#3 Rear Grab "Tiger
Tail"

Forms:

Palgue 3

1 Step Sparring:

#2 Front snap Kick, Pop-
Up Front Kick

Combinations:

#2 Round House Combo

Sparring

Combinations:

Double Ridge Hand

Falls and Rolls:

Side Fall, Right and Left

Green Belt

Kicks:

Axe
Sliding Axe
Inside Crescent
Outside Crescent
Pop-Up Side
Turn Back
Flying Side

Blocks:

Middle Press
Twin Forearm

Strikes:

Spear Hand Thrust
Uppercut/Inverted Punch
Outside Knife Hand Chop
Hammer Fist

Self Defense:

#4 Head Lock "Turtle
Shell "
Horse Stance to the Rear
Principle

Forms:

24-A
Palgue 4

Escapes:

Cross Hand Grab
Same Side Grab
Double Wrist Grab

1 Step Sparring:

#3 Side Kick, Turn Back
Kick

Combinations:

#3 Side Kick Combo
Triple Hand Flurry

Throws:

Double Pant Leg Throw

Falls and Rolls:

Front Roll to Side Fall
(Right and Left)

Note: *Some Self Defense movements and Sparring Combinations are in the curriculum to supplement the student's martial theory or technique repertoire. However, all numbered self defense, one step sparring and kicking combinations are testable material graded during belt promotions. (I.e. Self Defense #1 Choke Hold or #1 Front Kick Combo)*

Green-1 Belt

Positions:

Flat Hand Salutation

Stances:

Cat Stance

Ground Defensive Stance

The Three Guards

Half Mount

Kicks:

Inverted Side

Jump Back

Step Behind Round/Side

Spin Outside Crescent

Jump Outside Crescent

Tornado

Blocks:

Inverted Knife Hand

Low Press

Strikes:

Butterfly Palm Strike

Double Up Set Punch

Twin Vertical Punch

Twin Phoenix Eye Strike

Self Defense:

#5 Push Down, "The Ground"

Forms:

Oh - Hyung

Escapes:

Wrist Grabs

1 Step Sparring:

#4 Side Kick, Turn Back,

Pop-Up Side

Combinations:

#4 Multiple Kick Combo

Falls and Rolls:

Forward and Back Roll to Feet (Right and Left)

Purple Belt

Positions:

Staff Set Position

Grip Switches

Stances:

The Mount

Kicks:

Hook

Sliding Hook

Pop-Up Hook

Spin Hook/Wheel

Blocks:

Staff High

Staff Low

Parry Block Right

Parry Block Left

Rotary Low Block

Strikes:

Rear Knee

Forward Strike R and L

Side Poke R and L

Forward Thrust

Rotary Low

Self Defense:

#6 Mount and Pin, "The Bridge"

Forms:

Staff Basics

Escapes:

Passing "The Guard"

1 Step Sparring:

#5 Front Snap Kick,

Round House, Pop Up

Round House

Combinations:

#5 Spin Kick Combo

#6 Flying Kick Combo

Falls and Rolls:

Front Fall

Throws:

Clinch and Roll

Purple-1 Belt

Kicks:

Slide Side to Jump Back

Jump Inside Round

Step Through

Hook/Wheel

360° Hook/Wheel

Blocks:

Front Parry

Circle Block

Strikes:

Eagle Claw

Temple Strike

Abdominal Strike

Foot Sweep

Overhead Smash

Low Poke

Rear Rotary Strike

Self Defense:

#7 Choke from the Mount, "The Buck"

Forms:

Staff Form

Escapes:

Heel Spurs

1 Step Sparring:

#6 Side, Pop Up Side

Combinations:

#7 Jump Kick Combo

Throws:

The Buck

Blue Belt

Positions:

One Sai

Sai Grips

Stances:

Monkey Stance

Double Kicks:

Front to Axe

Front to Side

Front to Round

Low/High Double Round

Hook to Round

Blocks:

Fan Block

Double Ram Head

Strikes:

Guarding Chop

Back Fist Smash

Guarding Palm Heel

Inside Hammer Fist

Horizontal Sai Flip

Vertical Sai Flip

Horizontal Sai Thrust

Self Defense:

#8 Rear Choke Hold, "The Gate"

Forms:

Palgue 6

Sai Basics

Escapes:

Front Clinch

1 Step Sparring:

#7 Side, Jump Back

Combinations:

#8 Crescent Kick Combo

Falls and Rolls:

High Fall (Bag Roll)

Throws:

Foot Plant

Board Breaking:

Sliding Side Kick

Turn Back Kick

Flying Side Kick

Note: *All 1 Steps should be practiced on Right and Left sides from Purple Belt and up. All Kicking Combinations should be practiced on Right and Left sides from Purple-1 Belt and up.*

Brown Belt

Positions:

Guarding X-Block (Sais)

Stances:

Tiger

Flare

Kicks:

Shin Kick

Foot Stamp

Strikes:

Head Butt

Groin Chop

Sai Techniques:

Double Outside Block

Double Temple Strike

Wrist Hook

Elbow Poke

Overhead Strike

Vertical Sai Thrust

Self Defense:

#9 Bear Hug, "The

Barrel"

Forms:

Sai Form

1 Step Sparring:

#8 Inside Axe, Side,

Pop-Up Side kick

Combinations:

#9 Hook Kick Combo

Throws:

Rear Throw

Basic Hip Throw

Board Breaking:

Axe Kick

Hammer Fist

Elbow Smash

Jump Back Kick

Assistant Instruction:

6 classes

Red Belt

Stances:

Horse Stance on the
Wall

Kicks:

Extended Axe

Shuffle Axe

Blocks:

X-Block Low

X-Block High

High & Low Block

Butterfly Palm

Strikes:

Double Groin Smash

Double Rib Smash

Knee Strike

Tiger Mouth

Locks:

Hair Clinch

Bent Arm Wrist Lock

Straight Arm Bar

Self Defense:

#10 Up Against the Wall,
"The Switch"

Forms:

Palgue 7

Four Seasons

Escapes:

Shoulder Grabs

1 Step Sparring:

#9 Spin Hook, Pop Up

Front

Falls and Rolls:

Front Roll to Jump Front

Kick

Back Roll to Back Kick

Board Breaking:

Palm Heel Strike

Ridge Hand

Jump Axe

Spin Wheel or Spin Hook

Assistant Instruction:

12 classes

Red/Black Belt

Stances:

Traditional Fighting

Kicks:

Traditional Round

Inverted Round

Sweeps:

Iron Broom

Blocks:

Diamond Knife Hand

Twin Tiger Bo

Knife Hand X-Block

Middle

Strikes:

Twin Spear Hand Thrust

Knee Smash

Inverted Guarding Spear

Hand

Double Elbow Palm Heel

Forms:

Chung Mu

4 Seasons Timed

(18 Seconds)

1 Step Sparring:

#10 Inside Crescent,

Tornado, Step Spin

Wheel, Iron Broom, Axe

Kick

Combinations:

#10 Wheel Kick Combo

Board Breaking:

Step Behind Side/Round

Kick

360° Hook/Wheel Kick

Rolling Hammer Fist

Assistant Instruction:

18 classes

1st Dan Black

Positions:

Sam Jae

Kido Ready

Inverted Salutations

Ki Salutations

Stances:

Dragon Stance

Drop Knee Stance

Kicks:

Triple Round/Side

Hook-Round-Side

360° Axe

Machine Gun Turret

Arial Kicks:

Double Flying Side

Front Split

Scissor to Font

Jump Front to Round

Flying Side to Back

540° Tornado/180° Step

Behind Round

Forms:

Palgue 5

Palgue 8

Koryo

Kido Hana

Self-Developed Staff

Advanced Staff

Techniques:

3pt. Strike

5pt. Strike

7pt. strike

Sand Flick

Spins

Rolls (Front and Back)

Self Developed(3 each):

1 Steps Kicking

Defenses vs. Kicks

Defenses w/ Throws

Wrist Grab Defenses

Clothing Grab Defenses

1 Steps with Staff

Ki Breathing

Board and Brick

Breaking:

Six Double Breaks

1 Brick

Instruction:

40 Assistant Classes