

## TaeKwonDo Curriculum

	Strikes Jirugi	Blocking	Kicks Chagi	FormS (Poomse) Blue Stripe	One Steps Green Stripe	Self Defense Yellow Stripe	Break Falls/ Weapons	Breaking Black Stripe	Sparring
White	Punches: High, Middle & Low	Upper, Middle & Lower Blocks	Front Kick Round Kick Step Side Kick	Gichu Il Bu	Basic One Step	Same Side Wrist Grab	Backward Break Fall	Step Side	2 Kick Appointment Sparring
High White	Sideways Punching, Palm Heel	Inner Block, Inner Knifehand	Axe Kick Side Kick	Gichu Ee Boo. Gicho Sahm Bu	Basic 3 Step	Cross Wrist Grabs	Side Break Fall	Push Front	Control Sparring
Yellow	Kemulsae Punching Jab, Cross & Hook Punch	Outer Block, Outer Knifehand Block	Back Kick Skip Round Skip Front	TaeGuek Il Jang	Adv. 1 Step	Front Body Releases	Forward Roll	Back Kick	Control Sparring
High Yellow	Hammerfist Ridge Hand	Upper X Block	Jump Front Hook Kick	TaeGuek Ee Jang	2 Step	Rear Body Releases	Backward Roll	Ax Kick	Lite Contact Sparring
Green	Knifehand Spear Hand	Lower X Block	Inside & Outside Crescent	TaeGuek Sahm Jang	Green 1 Step	Arm Bar Over	Front Break Fall	Elbow	Lite Contact Sparring
High Green	Tiger Mouth Arm Sword	Wing Block	Turning Back Double Side	TaeGuek Sah Jang	High Green 1 Step	Arm Bar Under	Basic Stick & Knife Strikes	Jump Front	Full Contact Sparring
Blue	Inside Elbow Outside Elbow	Palm Block of Kick	Double Round, Inward Knee	TaeGuek Oh Jang	Blue 1 Step	V Locks	Double Sticks Sinawali 1 - 3	Knife Hand	Full Contact Sparring
High Blue	Upward Elbow Downward Elbow	Shin Block of Kick	Spin Hook Jump Back	TaeGuek Yook Jang	High Blue 1 Step	S Locks	Double Sticks Sinawali 4 - 6	Spin Hook	Full Contact Sparring
Red	Backward Elbow Back Fist	All Previous Blocks	Jump Turning Axe	TaeGuek Chil Jang	Red 1 Step	Sweeps & Throws	Double Sticks Sinawali 1 - 4	Palm Heel	Full Contact Sparring
High Red	Turning Back Fist	All Previous Blocks	Spinning & Tornado Crescent	TaeGuek Pal Jang	High Red 1 Step	Knife Defense	1 Stick- Meet The Force	Multiple	Full Contact Sparring
Poom Dan	Turning Hammerfist	All Previous Blocks	Low Spin Hook	Koryo Silla	Poom 1 Step	Kick Defense	Knife-Meet The Force & Bo Staff	Instructor Selects	Full Contact Sparring
1st Dan	Perfect Previous Strikes	All Previous	Low Round House	Silla	1st Dan 1 Step	Hand Attacks	1 Stick-Pass The Force & Dan Bong	Instructor Selects	Full Contact Sparring
2nd Dan	Perfect Previous Strikes	Mountain Block All Previous	Perfect Previous Kicks	Keumgang Halisan	2nd Dan 1 Step	Hand Attacks Ground Defense	Knife-Pass The Force & Kubatan	Instructor Selects	Full Contact Sparring
3rd Dan	Perfect Previous Strikes	Perfect Previous Blocks	Perfect Previous Kicks	Taebaek Ee Ta Won	3rd Dan 1 Step	Arresting, Chokes & Handgun Defense	Sword	Instructor Selects	Full Contact Sparring