



Black Belt is your Goal

Foot Coordination Exercises

- Left side right side round kick
- Front cross over round kick
- Back cross over round kick
- Back cross over side kick
- Bouncing front kick
- Swing kick

			BLACK STRIPE 1st Gup		BLACK 1st Dan
			BROWN 2nd Gup		C O N G R A T U L A T I O N S
			BROWN STRIPE 3rd Gup		
			RED 4th Gup		
			RED STRIPE 5th Gup		
			BLUE 6th Gup		
			BLUE STRIPE 7th Gup		
			GREEN 8th Gup		
			GREEN STRIPE 9th Gup		
			YELLOW 10th Gup		
WHITE					
<u>Time</u> 10-20 classes	<u>Poomse</u> Tae geuk 1	<u>Kick</u> Jump round house	<u>Time</u> 20-30 classes	<u>Poomse</u> Tae geuk 2	
<u>Poomse</u> Basic	<u>Kick</u> Jump front kick	<u>Hand</u> Triple punch	<u>Time</u> 25-35 classes	<u>Poomse</u> Tae geuk 3	
<u>Kick</u> Ax	<u>Hand</u> high, middle, low	<u>Combo</u> Hopping 6 motions	<u>Poomse</u> Tae geuk 4	<u>Kick</u> 3 Step jump front	
<u>Hand</u> Front Punch	<u>Combo</u> Swinging 6 motions	<u>Self-defense</u> 7-9	<u>Kick</u> 3 Step jump side	<u>Hand</u> Side punch	
<u>Block</u> Low, middle, high	<u>Self-defense</u> 4-6	<u>Break</u> Back kick	<u>Hand</u> Elbow strike	<u>Combo</u> Swinging 10 motions	
<u>Combo</u> Step punch	<u>Break</u> Hopping side kick	<u>Memory</u> Competitors 2	<u>Combo</u> Hopping 8 motions	<u>Combo</u> Swinging 10 motions	
<u>Self-defense</u> 1-3	<u>Memory</u> Competitors 1	<u>Essay</u>	<u>Self-defense</u> 10-12	<u>Self-defense</u> 16-18	
<u>Break</u> Ax			<u>Break</u> Jump back kick	<u>Break</u> Jump spin kick	
<u>Memory</u> 1~10 Korean			<u>Memory</u> Spirit TKD	<u>Memory</u> Korean Terms	
			<u>Essay</u>	<u>Essay</u>	
Beginner					
Focus and Control					
No contact sparring drills					
Poomse training starts at age 7					
Intermediate					
Patience and Discipline					
Light contact sparring					
Falling combination 1~10 Movements					
Advanced					
Perseverance					
Full contact sparring (optional)					
Short and Long 30 Movements					
Falling combination 1~20 Movements					
50 hours community service					