



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

WHITE	YELLOW 10th Gup	GREEN STRIPE 9th Gup	GREEN 8th Gup	BLUE STRIPE 7th Gup	BLUE 6th Gup	RED STRIPE 5th Gup	RED 4th Gup	BROWN STRIPE 3rd Gup	BROWN 2nd Gup	BLACK STRIPE 1st Gup	BLACK 1st Dan
<u>Time</u> 10-20 classes <u>Poomse</u> Basic <u>Kick</u> Ax <u>Hand</u> Front Punch <u>Block</u> Low, middle, high <u>Combo</u> Step punch <u>Self-defense</u> 1-3 <u>Break</u> Ax <u>Memory</u> 1~10 Korean	<u>Time</u> 15-25 classes <u>Poomse</u> Tae geuk 1 <u>Kick</u> Jump front kick <u>Hand</u> high, middle, low <u>Combo</u> Swinging 6 motions <u>Self-defense</u> 4-6 <u>Break</u> Hopping side kick <u>Memory</u> Competitors 1	<u>Time</u> 20-30 classes <u>Poomse</u> Tae geuk 2 <u>Kick</u> Jump round house <u>Hand</u> Triple punch <u>Combo</u> Hopping 6 motions <u>Self-defense</u> 7-9 <u>Break</u> Jump front kick <u>Memory</u> Competitors 2	<u>Time</u> 25-35 classes <u>Poomse</u> Tae geuk 3 <u>Kick</u> Jump side <u>Hand</u> Back stance single knife <u>Combo</u> Swinging 8 motions <u>Self-defense</u> 10-12 <u>Break</u> Back kick <u>Memory</u> Competitors 3 Essay	<u>Time</u> 30-40 classes <u>Poomse</u> Refine 1~4 <u>Kick</u> 3 Step jump side <u>Hand</u> Side punch <u>Combo</u> Swinging 10 motions <u>Self-defense</u> 16-18 <u>Break</u> Spin hook kick <u>Memory</u> Do Jang Rules Essay	<u>Time</u> 35-45 classes <u>Poomse</u> Tae geuk 5 <u>Kick</u> 3 Step jump back <u>Hand</u> Double knife back stance <u>Combo</u> Hopping 10 motions <u>Self-defense</u> 19-21 <u>Break</u> Jump spin kick <u>Memory</u> Korean Terms Essay	<u>Time</u> 40-60 classes <u>Poomse</u> Tae geuk 6 <u>Kick</u> Jump spin hook <u>Hand</u> Refine all <u>Combo</u> Advanced Combat 6 motions <u>Self-defense</u> Review <u>Break</u> Run jump back kick <u>Memory</u> Korean Terms Essay	<u>Time</u> 45-65 classes <u>Poomse</u> Tae geuk 7 <u>Kick</u> 3 Step jump spin <u>Hand</u> Back Fist <u>Combo</u> Advanced Combat 8 motions <u>Self-defense</u> 22-24 <u>Break</u> Drop spin kick Essay	<u>Time</u> 50-70 classes <u>Poomse</u> Tae geuk 8 <u>Kick</u> Tornado+Spin hook <u>Hand</u> Tiger stance double knife hand <u>Combo</u> Advanced Combat 10 motions <u>Self-defense</u> 25-27 <u>Break</u> Tornado Essay	<u>Time</u> 60+ classes <u>Poomse</u> Refine 1~8 <u>Kick</u> Jump scizzor <u>Hand</u> Palm block <u>Combo</u> Combat review all <u>Self-defense</u> 28-30 <u>Break</u> Power breaking 5 boards + combo Essay	C O N G R A T U L A T I O N S	Advanced Perseverance Full contact sparring (optional) Short and Long 30 Movements Falling combination 1~20 Movements 50 hours community service
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					