

TaeKwonDo Training Center: Basic Rank Curriculum

White Belt

Stripes:

1. Yellow- Tenets and Student Oath
2. Green- Basic Stances: Ready, Attention, Front, Back, and Sitting
3. Blue- Chon-Ji Hyung (white belt form)
4. Red- One Step Sparring
 - a. #1-#3 for Juniors
 - b. #1-#5 for Adults

Testing Requirements:

1. Chon-Ji Hyung
2. One Step Sparring with a partner
3. Do you want to fight? "No, sir!" Will you fight if necessary? "Yes, sir!" Are you afraid to fight? "No, sir! Fear does not control my actions, sir!"

Yellow Belt

Stripes:

1. Green- 9 Basic Blocks: Low, High, Innerforearm, Outerforearm, Double Knifehand, Double Fist, Outside, Square, and Hooking
2. Blue- Dan-Gun Hyung
3. Red- One Step Sparring
 - a. #1-#3 for Juniors
 - b. #1-#5 for Adults
4. Black- Clapper Target Drills: Punch, Outside Crescent, #2 Front Kick (5x's per side)

Testing Requirements:

1. Dan-Gun Hyung
2. One Step Sparring with a partner
3. Discipline vs Self-Discipline: "Discipline is when someone else has to remind me to do the right thing. Self-Discipline is when I do the right thing without being told."
4. Min. 16 classes

Advanced Yellow

Stripes:

1. Green- 3 sparring combinations
2. Blue- Do-San Hyung
3. Red- One Step Sparring
 - a. #1-#3 for Juniors
 - b. #1-#5 for Adults
4. Black- Clapper Target Drills: Elbow Strike, #2 Round Kick, #1 Side Kick (5x's per side)

Testing Requirements:

1. Do-San Hyung
2. One Step Sparring with a partner
3. What does a leader do? "A leader chooses the best path and demonstrates how to pursue it."

TaeKwonDo Training Center: Basic Rank Curriculum

4. Min. 16 classes

Green Belt

Stripes:

1. Blue- Demonstrate how to correctly tie the rank belt

Testing Requirements:

1. Won-Hyo Hyung
2. Free Sparring
3. Define Courtesy: "Courtesy is consideration and kindness for others"
4. Know Korean terms: joon-be(ready position), bahro(return), sheut(rest), kyungneh(bow)
5. Min. 16 classes

Advanced Green

Stripes:

1. Blue- Demonstrate how to start and end classes

Testing Requirements:

1. Yul-Gok Hyung
2. Free Sparring
3. Define Integrity: "Integrity is doing what is right no matter what."
4. Korean terms: she-jek(begin), goman(stop), kihap(yell), shareeyout(attention)
5. Min. 16 classes

Blue Belt

Stripes:

1. Red- Demonstrate how to greet an Instructor/Master

Testing Requirements:

1. Joon-Gun Hyung
2. Free Sparring
3. Clapper Target Drills: Punch, #2 Round Kick, Step Side Kick
4. Define Perseverance: "Perseverance is the determination to succeed."
5. Korean terms: dojang(TKD center), dobok(uniform), di(belt), Sabumnim(head instructor)
6. Min. 16 classes

Advanced Blue

Testing Requirements:

1. Toi-Gye Hyung
2. Free Sparring
3. Clapper Target Drills: Hook Kick, Spin Crescent Kick, Spin Side Kick
4. Define Self Control: "Self-Control is acting, not reacting."
5. Korean terms: anjo(sit), elosut(stand), chul-sa(line up)
6. Min. 16 classes

Purple Belt

Stripes:

1. Red- Ground Escape #1

Testing Requirements:

1. Hwa-Rang Hyung
2. Free Sparring
3. Board Breaking: Front kick and a hand technique (re-breakable boards; must break at least 1)
4. Define Indomitable Spirit: "Indomitable Spirit is always getting back up."
5. Korean terms: dan(adult black belt), poom(junior black belt), gup(color belt)
6. Min. 16 classes

Advanced Purple

Testing Requirements:

1. Hwa-Rang Hyung (2 times correct)
2. Free Sparring
3. Board Breaking: Side kick and a hand technique (re-breakable boards; must break at least 1)
4. Self-Defense Skill: Combatives #1-#3 with a partner
5. Min. 16 classes

Red Belt

Stripes:

1. Black- Ground Escape #2

Testing Requirements:

1. Choong-Moo Hyung
2. Additional hyung (chosen at testing by Chief Judge)
3. Free Sparring
4. Board Breaking: Round kick or Push heel kick and a hand technique (re-breakable boards; must break with both)
5. Min. 16 classes

Advanced Red

Testing Requirements:

1. Report on: "What a Black Belt means to me." (at least 1 page, typed; turned in at least 1 week prior to testing)
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application (filled out completely and signed)
4. Choong-Moo Hyung (2 times correct)
5. Additional hyung
6. Free Sparring
7. Board Breaking: Front or Round or Side kick and a hand technique (wooden boards)

TaeKwonDo Training Center: Basic Rank Curriculum

8. Self-Defense Skill: Combatives #1-#3 with a partner
9. Min. 20 classes

1st Degree

Testing Requirements:

1. Report on: "The difference between wearing a Black Belt and being one." (typed; turned in at least 1 week prior to testing)
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Gwang-Gae Hyung (2 times correct)
5. Additional hyung
6. Free Sparring
7. Board Breaking: Side or Round kick with both legs
8. Combatives: 2 self-designed combatives
9. Min. 32 classes/4 months

Advanced 1st Degree

Testing Requirements:

1. Pass an interview with Chief Instructor (before testing)
2. Black Belt Application
3. Po-Eun Hyung (2 times correct)
4. Additional hyung
5. Free Sparring
6. Board Breaking: Side or Round or Front kick with both legs & 1 hand technique
7. Combatives: 2 self-designed combatives (must be different than previously designed combatives)
8. Min. 48 classes/6 months

Senior 1st Degree

Testing Requirements:

1. Report on: "How being a martial artist directs my actions." (typed; turned in at least 1 week prior to testing)
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Gae-Baek Hyung (2 times correct)
5. Additional hyung
6. Free Sparring
7. Board Breaking: 1 standing kick & 1 jump kick on different legs & 1 hand technique
8. Combatives: 2 self-designed combatives
9. Min. 48 classes/6 months

2nd Degree

Testing Requirements:

1. Pass an interview with Chief Instructor (before testing)
2. Black Belt Application
3. Choong-Jang Hyung (2 times correct)
4. Additional color belt hyung & 1 additional 1st degree hyung
5. Free Sparring
6. Board Breaking: 1 standing kick & 1 spin kick on different legs & 1 hand technique
7. Combatives: 2 self-designed combatives
8. Min. 32 classes/4 months

Advanced 2nd Degree

Testing Requirements:

1. Pass an interview with Chief Instructor (before testing)
2. Black Belt Application
3. Yoo-Sin Hyung (2 times correct)
4. Additional color belt hyung & 1 additional 1st degree hyung
5. Free Sparring
6. Board Breaking: 1 jump kick & 1 spin kick & 1 hand technique
7. Combatives: 2 self-designed combatives
8. Min. 80 classes/10 months

Senior 2nd Degree

Testing Requirements:

1. Must be at least age 13
2. Report on: "Reflection of my Taekwondo training and what it has taught me."
(typed; turned in at least 1 week prior to testing)
3. Pass an interview with Chief Instructor (before testing)
4. Black Belt Application
5. Ul-Ji Hyung (2 times correct)
6. Additional color belt hyung & 1 additional 1st degree hyung
7. Free Sparring
8. Board Breaking: 1 jump kick & 1 spin kick & 1 standing kick with different legs & 1 hand technique
9. Combatives: 2 self-designed combatives
10. Min. 96 classes/12 months

Junior 3rd Degree*

Testing Requirements:

1. Must be at least age 16
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Juche Hyung (2 times correct)

TaeKwonDo Training Center: Basic Rank Curriculum

5. Additional color belt hyung & 1 additional 1st & 2nd degree hyungs
6. Free Sparring
7. Board Breaking: 1 jump kick & 1 spin kick & 1 standing kick with different legs & 2 hand techniques with different hands
8. Combatives: 2 self-designed combatives
9. No min. classes/time in rank

*Jr. 3rd is for ages 13-15 only. When poom is old enough to be dan (age 16) he can test for 3rd degree.

3rd Degree

Testing Requirements:

1. Must be at least age 18
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Juche Hyung (2 times correct)
5. Additional color belt hyung & 1 additional 1st & 2nd degree hyungs
6. Free Sparring
7. Board Breaking: 1 jump kick & 1 spin kick & 1 standing kick with different legs & 2 hand techniques with different hands
8. Combatives: 2 self-designed combatives
9. Min. 3 years*

*If student was a Jr. 3rd degree, he can count his time in rank as Jr. 3rd toward the 3 year 3rd degree time in rank.

4th Degree

Testing Requirements:

1. Must be at least age 22
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Choi-Yong Hyung (2 times correct)
5. Additional color belt hyung & 1 additional 1st & 2nd & 3rd degree hyungs
6. Free Sparring
7. Board Breaking: 1 jump kick & 1 spin kick & 1 standing kick with different legs & 2 hand techniques with different hands
8. Combatives: 2 self-designed combatives
9. Min. 4 years

5th Degree

Testing Requirements:

1. Must be at least age 30
2. Min. 5 years