



WHITE BELT TO 8th YELLOW BELT

Poomse:

Kibon Poomse

Terminology:

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|-------------------------------|---|
| 1. Attention: <i>Char-yut</i> | 2. Ready Stance: <i>Joon-bee</i> |
| 3. Bow: <i>Kyung-ye</i> | 4. Founder's name: <i>Grandmaster Kwan Sung Lee</i> |

Counting Numbers:

- | | | | |
|------------------|------------------|-------------------|----------------|
| 1. <i>Ha-nah</i> | 4. <i>Net</i> | 7. <i>Eel-gup</i> | 10. <i>Yul</i> |
| 2. <i>Doll</i> | 5. <i>Da-sut</i> | 8. <i>Yu-dul</i> | |
| 3. <i>Set</i> | 6. <i>Yu-sut</i> | 9. <i>A-hop</i> | |

One Step Sparring:

1. Left foot forward, Left Hand High-block and Reverse Punch Right.
2. Left foot Step Horse riding stance, Left hand palm block and punch with Right.
3. Right foot step forward Right hand inside block, and reverse punch with Left.
4. Right foot step forward spread knife hand block, inside neck chop and right knee strike.
5. Step to Right and Front kick with Right Foot.

Tenets of Tae Kwon Do:

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|---------------------|--------------------------|------------------------------|
| 1. <i>Courtesy</i> | 3. <i>Perseverance</i> | 5. <i>Indomitable Spirit</i> |
| 2. <i>Integrity</i> | 4. <i>Self - Control</i> | |

Breaking Technique:

Front Kick



8th YELLOW BELT TO 7th ORANGE

Poomse:

1. Kibon Poomse
2. Tae-guk il-Jang

Terminology:

1. Salute to the Flag: *Koo-ke-ay dae-ha-yo, kyung-ye*
2. Stop: *Go-mahn*
3. Bow to the Grandmaster: *Kwan Jang nim kae kyung-ye*
4. Uniform: *Do Bok*
5. Flag: *Kukki*
6. Training Hall: *Do Jang*

Questions:

1. Why do we yell in Tae Kwon Do?
To develop internal and spiritual strength with concentration, confidence, and power.
2. Why do we Bow?
We Bow to show respect.

One Step Sparring:

1. High Block Left arm, Punch Right and step back half way and Front Kick Right foot.
2. Palm block Left hand, ridge hand strike with Right hand, and step forward back stance Right hand Chop.
3. Inside block Right, elbow strike Right and side kick Right.
4. Right foot step forward spread knife hand block, inside neck chop Right, side chop Right and front stance reverse punch.
5. Double knife hand block Left and grab, reverse punch Right and chop Right and sweep with Right and punch Right.

Breaking Technique:

Side Kick



7th ORANGE TO 6th GREEN

Poomse:

1. Tae guk Il-Jang
2. Tae guk Ee-Jang

Terminology:

1. Stances: *Soh-gee*
2. Front Stance: *Ap-koo-bee*
3. Back Stance: *Dee-koo-bee*
4. Walking Stance: *Ap-sah-gee*

Question:

1. What are your goals for Tae Kwon Do?

One Step Sparring:

1. High Block Left arm follow by Three Punches.
2. Side Step Left and Left arm hook grab, and spin elbow strike with Right.
3. Right inside block, Right elbow strike and spin elbow strike.
4. Right foot step X-block putting Right hand inside, grab and circle Right and pull, and front kick Right.
5. Left foot step forward high block and punch at same time, grab Left ankle and take your Right hand push the knee and punch Right.

Breaking Technique:

Spinning Back Kick



6th GREEN TO 5th PURPLE

Poomse:

1. Tae-guk Ee-Jang
2. Tae-guk Sam-Jang

Terminology:

1. Thank You: *Kam-sa-ham-ne-da*
2. Knife Hand Block: *Son-nal mak-kee*
3. Low Block: *A-ray Mak-kee*
4. High Block: *Ul-gool mak-kee*

One Step & Two Step Sparring

Sparring:

Control Sparring

Grabbing Technique:

Front Grabs only - must show counter attack with each grab.

Breaking Technique:

Jump Spinning Back Kick



5th PURPLE TO 4th BLUE

Poomse:

1. Tae-guk Sam-Jang
2. Tae-guk Sa-Jang

Terminology:

1. Sparring: *Kye-ru-gee*
2. Middle Punch: *Mom-tong-jee-ru-gee*
3. Spear Hand: *Pyung-son-gut-chee-ru gee*
4. Spinning Heel Kick: *Dwi hoo rye gee*

One Step & Two Step Sparring

Sparring:

Control Sparring

Grabbing Technique:

Freestyle

Breaking Technique:

Jump Front Kick & Hand Technique



4th BLUE TO 3rd BROWN

Poomse:

1. Tae-guk Sa-Hang
2. Tae-guk Oh-Jang

Terminology:

1. Elbow: *Pal-goop*
2. Hammer Fist: *Meh joo-muk*
3. Hand: *Son*
4. Back Fist: *Dung Joo-muk*

Question:

What does Kihap mean? Why do we Kihap in Tae Kwon Do?

Kihap, when translated to English, means to yell. The yell should be generated from the energy stored in the lower abdomen.

In Tae Kwon Do we yell for several reasons as follows:

1. *As communication between training partners, such as during forms, one-steps and sparring.*
2. *To increase our power and concentration.*
3. *To surprise and to intimidate our opponents.*

One Step & Two Step Sparring

Sparring:

Light Contact

Grabbing Technique:

Freestyle

Breaking Technique:

Jump Roundhouse Kick & Elbow Strike



3rd BROWN TO 2nd RED

Poomse:

1. Tae-guk Oh-Jang
2. Tae-guk Yuk-Jang

Terminology:

1. Palm: *Pa-tang-son*
2. Knee Strike: *Moorup chigi*
3. Outside Forearm Block: *Bakut mahki*
4. Spread Down Block: *Haecha mahki*

Questions:

The Three Kingdoms of Ancient Korea?

1. Koguryo
2. Baekje
3. Siila

Why do we practice form/poomse?

1. *To express directly or indirectly, mental and physical refinement*
2. *To practice the principles of offense and defense*
3. *To develop improved focus, balance, rhythm and self discipline*

One Step, Two Step & Three Step Sparring

Sparring:

Light Contact

Grabbing Technique:

Each judge's choice.

Breaking Technique:

1. Any Jump Kick
2. Spinning Heel Kick



2nd RED TO 1st RED

Poomse:

1. Tae-guk Yuk-Jang
2. Tae-guk Chil-Jang

Terminology:

1. Blue: *Chung*
2. Red: *Hong*
3. Separate/Break: *Gal-yu*
4. Tiger Stance: *Bum suh gee*
5. Double Fist Block: *Guhdulah Momtong Mahki*

For Thought:

How has Tae Kwon Do helped you mentally and physically?

Be able to give a brief history of the art of Tae Kwon Do.

List all the tenants of Tae Kwon Do. Provide definitions and examples of each.

Make sure to review all Terminology!

One Step, Two Step & Three Step Sparring

Sparring:

Light Contact

Grabbing Technique with Take Down:

Each judge's choice.

Breaking Technique: 3 Station

1. One Hand Technique
2. Two Jump Kicks



1st RED TO SCHOOL BLACK

Poomse:

All Previous Forms

Terminology:

All previous Terminology from White to 1st Red.

Sparring:

With full equipment and 2 on 1 sparring.

Grabbing Techniques:

All previous techniques.

Five Traits of Black Belt Excellence:

1. *Happy but not satisfied*
2. *Compare yourself, not with others, but with your own potential*
3. *Keeping emotions in balance*
4. *Developing self-discipline*
5. *When life hands you lemons, make lemonade!*

Paper due one week before test date: 200-300 words in length, Topic:

1. *How has the study of Tae Kwon Do made you a better person?*
2. *Why is your school the best place to learn Tae Kwon Do?*
3. *What does earning a Black Belt mean to you?*

Breaking Technique:

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|---------------------------------------|--------------------------------|-----------------------------|
| 1. Four Station (Break in 10 seconds) | 2. Power Breaking (Two boards) | 3. Speed Break (Front kick) |
|---------------------------------------|--------------------------------|-----------------------------|



SCHOOL BLACK TO 1st DAN

Poomse:

All Previous Forms

Terminology:

Study all of your terminology.

Sparring:

With full equipment and 2 on 1 sparring.

Grabbing Techniques:

All previous techniques.

7 Qualities of Martial Arts verses Life

- | | | | |
|------------------------|-------------------------------|----------------------|----------------------|
| 1. Speed - Alertness | 2. Endurance - Perseverance | 3. Timing - Punctual | 4. Power - Knowledge |
| 5. Balance - Stability | 6. Flexibility - Adaptability | 7. Posture - Honesty | |

Definition of TaeGuk:

The Taeguk comprises two Chinese characters: Tae meaning joyfulness and Guk meaning eternity. Taeguk is the philosophical idea from which our views on life and the universe are derived. It has no form, no beginning and no ending. Nevertheless, everything is embodied in it and has for its origin, Taeguk.

Paper due one week before test date: 200-500 words in length, Topic:

1. How has Tae Kwon Do helped me mentally and physically?
2. Write an account of your journey to becoming a First Degree Black Belt.
3. Discuss the secrets to the success formula in Martial Arts and in life.

Discuss the philosophy of Tae Kwon Do.

Breaking Technique:

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|---|--|
| 1. Four Station holder choice (Break in 10 seconds) | 2. Power Breaking (Two boards) Jump Kick |
| 3. Speed Break (Spinning Heel Kick) | 4. Concrete (Using Palm Heel) |