

# BELT LEVEL REQUIREMENTS

## WHITE BELT

Attention  
Bow  
Ready Position  
Riding Stance, Punch  
Return

Ready Position  
Kicking Motion  
Front Axe Kick

### STANCE

Fighting Stance  
Walking stance  
Extended Walking Stance

### BLOCKS

(Performed from walking and extended walking stance)

Low Block  
High Block  
Middle Block  
Inside Block  
Outside Block

### PUNCHES

Middle Punch  
Jab  
Cross

1<sup>st</sup> Knife Hand Attack  
2<sup>nd</sup> Knife Hand Attack

### Combinations

Self Defense Techniques

Pre-Arranged Sparring

POOMSAE: Taeguk IL Jang

### KICKS

Front Kick  
Step Front Kick  
Round Kick  
Step Round Kick  
Side Kick  
Turn Back Kick

Jump Front Kick  
Jump Round Kick

### TERMINOLOGY

### STUDENT CREED

### BELT COLOR PHILSOPHY

### MEANING OF POOMSAE

## **BELT LEVEL REQUIREMENTS**

### **YELLOW BELT**

#### **STANCE**

Fighting Stance  
Walking stance  
Extended Walking Stance

#### **BLOCKS**

(Performed from walking and extended walking stance)  
Double Hand Block  
Palm Heel Block  
Scissor Block  
Double Fist X Block

#### **PUNCHES**

Middle Punch  
Spear Hand Thrust  
Elbow Strikes  
Bounce  
Jab, Cross  
Back Fist

#### **Combinations**

#### **Self Defense Techniques**

#### **Pre-Arranged Sparring**

#### **POOMSAE**

Taeguek Yi Jang

#### **MEANING OF POOMSAE**

#### **KICKS**

Front Kick  
Step Front Kick  
Round Kick  
Step Round Kick  
Side Kick  
Back Kick  
Turn Back Kick  
Turn Side Kick  
Jump Front Kick  
Jump Round Kick  
Skip Side Kick  
360 Turning Round Kick  
AX Kick (inside, outside)  
Jump Side Kick  
Double Kick

#### **TERMINOLOGY**

#### **STUDENT CREED**

#### **BELT COLOR PHILSOPHY**

#### **FOOTWORK**

#### **BREAKIING (2 BOARDS)**

#### **NO CONTACT SPARRING**

## **BELT LEVEL REQUIREMENTS**

### **GREEN BELT**

#### **STANCE**

Fighting Stance  
Walking stance  
Extended Walking Stance

#### **BLOCKS**

(Performed from walking and extended walking stance)  
Low Block  
High Block  
Middle Block  
Inside Block  
Outside Block  
Double Knife Hand  
(middle and low)

#### **HAND STRIKES/STANCES**

Back Stance  
Ridge Hand Strike  
Knife Hand Strikes

#### **COMBINATIONS**

#### **STUDENT CREED**

#### **BELT COLOR PHILSOPHY**

#### **Self Defense Techniques**

#### **Pre-Arranged Sparring**

#### **KICKS**

Front Kick  
Step Front Kick  
Round Kick  
Step Round Kick  
Side Kick  
Back Kick  
Turn Back Kick  
Turn Side Kick  
Jump Front Kick  
Jump Round Kick  
\*Skip Side Kick  
\*360 Turning Round Kick  
\*AX Kick (middle)  
\*Triple Kick

#### **LIGHT CONTROLLED SPARRING**

#### **TERMINOLOGY**

#### **FOOTWORK**

#### **BREAKING (2 BOARDS)**

#### **POOMSAE (TAEGUEK SAM/SA JANG)**

#### **MEANING OF POOMSAE**

## **BELT LEVEL REQUIREMENTS**

### **BLUE BELT**

#### **STANCE**

Fighting Stance  
Walking stance  
Extended Walking Stance

#### **BLOCKS**

(Performed from walking and  
extended walking stance)  
Low Block  
High Block  
Middle Block  
Inside Block  
Outside Block

#### **HAND STRIKES/STANCES**

Back Stance  
Ridge Hand Strike  
Knife Hand Strikes

#### **COMBINATIONS**

#### **STUDENT CREED**

#### **BELT COLOR PHILSOPHY**

#### **Self Defense Techniques**

**POOMSAE (TAEGUEK OH JANG)**  
**POOMSAE (TAEGUEK YUK JANG)**

#### **KICKS**

Push Kick  
Continues Ax Kick  
Continues Round Kick  
Combination (Front, Round,  
Turn Back Kick)  
Continues Side Kick  
Combination (Round kick,  
360 turning Kick)  
Jump Back Kick  
Jump Turn Side Kick  
Hook Kick  
Spin Hook Kick  
Ax Kick (middle)  
Triple Kick

#### **LIGHT SPARRING**

#### **TERMINOLOGY**

#### **FOOTWORK**

#### **BREAKING (3 BOARDS)**

#### **NO CONTACT SPARRING**

#### **MEANING OF POOMSAE**

## **BELT LEVEL REQUIREMENTS**

### **RED BELT (and RED BELT STRIPE)**

#### **FOOTWORK**

Combination of all Footwork

#### **BLOCKS**

Palm Heel Block  
Double Knife Hand

#### **STANCES**

Tiger Stance

#### **COMBINATION (+4)**

#### **STUDENT CREED**

#### **ALL BELT COLOR PHILOSOPHY**

#### **POOMSAE (TAEGEUK CHIL JANG)**

#### **POOMSAE (TEAGEUK PAL JANG)**

**HOW DO YOU TEACH A WHITE BELT THE FOLLOW: ATTENTION, BOW, READY POSITION, FRONT KICK, STEP FRONT KICK, STEP ROUND KICK, ROUND KICK, STEP SIDE KICK, SIDE KICK?**

#### **KICKS**

All Basic Kicks  
Skip Switch Round Kick  
Skip Switch Ax Kick  
Same Leg (do not put foot down  
hook, round, side kick)  
Skip Ax Kick  
Continuous 360 Turning Round  
Kick (Body and Face)  
Continuous Jump Back Kick  
Spin Hook Kick  
Hook Kick Front Leg  
Ax Kick (middle)  
Triple Kick

#### **TERMINOLOGY**

**ANY COMBINATION OF  
SELF-DEFENSE (+4)**

**BREAKING  
(DEMO BOARDS +4)**

#### **MEANING OF POOMSAE**

#### **LIGHT SPARRING**

# **BLACK BELT TEST REQUIREMENTS**

## **FIRST DAN TEST**

**ALL KICKS**

**ALL FOOTWORK**

**ALL COLOR BELT POOMSAE**

**MEANING OF COLOR BELT POOMSAE**

**POOMSAE KORYO**

**PRE-ARRANGED SPARRING (5)**

**SELF-DEFENSE (5)**

**BREAKING DEMO (DEMO BOARDS)**

**COMPETITION RULES**

**EXPLAIN HOW TO TEACH A WHITE BELT (FRONT KICK, ROUND KICK, SIDE KICK, PUNCHING)**

**WOULD YOU TEACH A WHITE BELT DIFFERENT THAN A COLOR BELT? IF SO HOW/WHY AND IF NOT WHY NOT.**

**WHAT IS THE PROPER WAY TO ENTER THE TRAINING HALL?**

**HISTORY OF TAEKWONDO AS AN INTERNATIONAL SPORT (BULLET POINT)**

**LIGHT SPARRING**

# **BLACK BELT TEST REQUIREMENTS**

## **SECOND DAN TEST**

**ALL COLOR BELT POOMSAE**

**MEANING OF BELT POOMSAE (K,K)**

**POOMSAE KORYO AND KUMGANG**

**PRE-ARRANGED SPARRING (5)**

**SELF-DEFENSE (DEMO)**

**BREAKING DEMO (DEMO BOARDS)**

**WHAT WERE THE ORIGINAL KWONS OF TAEKWONDO? (BULLET POINT WITH BRIEF DESCRIPTION OF EACH)**

**COMPETITION RULES**

# **BLACK BELT TEST REQUIREMENTS**

## **THIRD DAN TEST**

**ALL COLOR BELT POOMSAE**

**MEANING OF BELT POOMSAE (K/K/T)**

**POOMSAE KORYO, KUMGANG, TAEBAEK**

**PRE-ARRANGED SPARRING (5)**

**SELF-DEFENSE (DEMO)**

**BREAKING DEMO (DEMO BOARDS)**

**WHEN WAS THE “KUKKIWON FORMED” AND WHAT IS IT PURPOSE?**

**WHAT IS THE “WORLD TAEKWONDO” AND IT’S PURPOSE?**

**DEMONSTRATE HOW TO TEACH A CLASS (WHITE BELT AND COLOR BELT)**