

# TAE KWON DO CURRICULUM

This curriculum is not intended for people who are pregnant or have chronic medical conditions. Please, consult a medical practitioner before you begin.

<p><b>White Belt</b>  <b>Positions:</b>            Attention            Ready            Salutations  <b>Stances and Movements:</b>            Horse Stance            Fighting Stance            Front Stance            Back Stance            Side Step            Cross Step            Step Around            Slide            Back Fall  <b>Kicks:</b>            Stretch            Front            Double Front            Side            Sliding Side  <b>Blocks:</b>            High            Low            Inside            Outside            Knife Hand/V Block            X-Block  <b>Strikes:</b>            Straight Punch            Back Fist            Reverse Punch            Inside Chop  <b>Self Defense:</b>            Pivot Vs. Push            Pull Vs. Grab            #1 Choke Hold "The Web"  <b>Forms:</b>            22-B            Palgue 1  <b>Combinations:</b>            Back Fist, Reverse Punch,            Front Kick</p>	<p><b>Yellow Belt</b>  <b>Stances and Movements:</b>            Draw Slides            #1,2 Jumps            Side Falls  <b>Kicks:</b>            Front Snap            Sliding Front Snap            Flying Jump Front            Pop Switch Front            Front/Side Push  <b>Blocks:</b>            Knife Hand Low            Double Down            Double Outside            Double Inside            Ox Jaw  <b>Strikes:</b>            Jab            Sliding Reverse Punch            Sliding Back Fist  <b>Self Defense:</b>            #2 Double Lapel Grab            "Shark Attack"            Off Balance Shove  <b>Forms:</b>            Palgue 2  <b>1 Step Sparring:</b>            #1 Step Back, Front Push            Kick, Sliding Side Kick  <b>Combinations:</b>            The Four Slides            #1 Front Kick Combo  <b>Sparring Combinations:</b>            Back Fist, Sliding Side Kick</p>	<p><b>Orange Belt</b>  <b>Stances and Movements:</b>            Crane Stance            Front Fall            Back Roll  <b>Kicks:</b>            Round House            Sliding Round House            Jumping Round House            Pop Switch Round House            Rear Leg Side  <b>Blocks:</b>            Sparring Inside (Press)            Sparring Outside (Guarding            Hand)  <b>Strikes:</b>            Ridge Hand            Elbow (Basic 5)            Tiger Rake  <b>Self Defense:</b>            #3 Rear Grab "Tiger Tail"  <b>Forms:</b>            Palgue 3  <b>Escapes:</b>            Rear Grab            Wrist Grab  <b>1 Step Sparring:</b>            Slide Back, Front Snap            Kick, Pop Switch Round            House Kick, Back Fist,            Reverse Punch  <b>Combinations:</b>            #2 Round House Combo  <b>Sparring Combinations:</b>            Double Ridge Hand</p>	<p><b>Green Belt</b>  <b>Stances and Movements:</b>            #1-5 Steps            #1-8 Slides            #3,4 Jump            Double Pant Leg Throw            Rear Throw            L-Slide            Rear Knee Push            Front Roll to Side Fall            (Right and Left)            High Falls  <b>Kicks:</b>            Axe            Sliding Axe            Inside Crescent            Outside Crescent            Spin Outside Crescent            Pop-Up Side            Turn Back            Flying Side  <b>Blocks:</b>            Middle Press            Twin Forearm  <b>Strikes:</b>            Spear Hand Thrust            Uppercut/Inverted Punch            Outside Knife Hand Chop            Hammer Fist  <b>Self Defense:</b>            #4 Head Lock "Turtle Shell"            Horse Stance Fulcrum  <b>Forms:</b>            24-A            Palgue 4  <b>Escapes:</b>            Cross Hand Grab            Same Side Grab            Double Wrist Grab  <b>1 Step Sparring:</b>            #3 Side Step Closed, Side            Kick, Turn Back Kick, Double            Ridge Hand  <b>Combinations:</b>            #3 Side Kick Combo            Triple Hand Flurry</p>
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**Note:** Some Self Defense movements and Sparring Combinations are in the curriculum to supplement the student's martial theory or technique repertoire. However, all numbered self defense, one step sparring and kicking combinations are testable material graded during belt promotions. (I.e. Self Defense #1 Choke Hold or #1 Front Kick Combo)

## Green-1 Belt

### **Positions:**

Flat Hand Salutation

### **Stances and Movements:**

#5-8 Jumps

#6-8 Steps

Natural Stance

Cat Stance

Ground Defensive Stance

The Three Guards

Half Mount/Mount

Half Slide

Flat Hand Salutation

Zen Breath

Forward and Back Roll

To Feet (Right and Left)

### **Kicks:**

Inverted Side

Jump Back

Step Behind Round/Side

Spin Outside Crescent

Jump Outside Crescent

Tornado

### **Blocks:**

Inverted Knife Hand

Low Press

Scissor Knife Hand

### **Strikes:**

Butterfly Palm Strike

Double Up Set Punch

Twin Vertical Punch

Twin Phoenix Eye Strike

### **Self Defense:**

#5 Push Down, "The

Ground"

Ankle Scissor

Half Mount

### **Forms:**

Oh - Hyung

### **Escapes:**

Wrist Grabs

### **1 Step Sparring:**

#4 Side Step Open, Round

House Kick, Jump Back

Kick, Triple Hand Flurry

### **Combinations:**

#4 Multiple Kick Combo

## Purple Belt

### **Positions:**

Staff Attention

Staff Set Position

Grip Switches

### **Stances and Movements:**

Side Mount

Clinch and Roll

Arm Sweeps

Twist Fall

### **Kicks:**

Hook

Sliding Hook

Pop-Up Hook

Spin Hook

Step Through Hook

360° Back

### **Blocks:**

Staff High

Staff Low

Parry Block Right and Left

Rotary Low Block

Vertical Block

### **Strikes:**

Rear Knee

Tip Strike R and L

Side Poke R and L

Forward Poke

Rotary Low

### **Self Defense:**

#6 Mount and Pin, "The

Bridge"

Passing "The Guard"

### **Forms:**

Staff Basics

### **Escapes:**

Passing "The Guard"

### **1 Step Sparring:**

#5 Step out into Back

Stance, Front Snap Kick,

Round House, Pop Switch

Round House, Backfist,

Reverse Punch

All One Steps on Left Side

### **Combinations:**

#5 Spin Kick Combo

#6 Flying Kick Combo

## Purple-1 Belt

### **Stances and Movements:**

Inside Press

Inside Trap

Outside Wrap

Bridge Fall

### **Kicks:**

Slide Side to Jump Back

Jump Inside Round

Step Through Hook/Wheel

360° Hook/Wheel

### **Blocks:**

Tip Parry

Circle Block Low

Circle Block Middle

### **Strikes:**

Eagle Claw

Temple Strike

Abdominal Strike

Foot Sweep

Overhead Smash

Low Poke

Rear Rotary Strike

### **Self Defense:**

#7 Choke from the Mount,

"The Buck"

Staff Tip Grab

### **Forms:**

Staff Form

### **Escapes:**

Heel Spurs

### **1 Step Sparring:**

#6 Jump Switch Left, Side,

Pop Up Side, Back Fist,

Reverse Punch

### **Combinations:**

#7 Jump Kick Combo

All Kicking Combos on

Right and Left Side

## Blue Belt

### **Positions:**

Grip Switches

### **Stances and Movements:**

Monkey Stance

Foot Plant Throw

Arm Drag Throw

Forward High Fall (Bag Roll)

### **Double Kicks:**

Front to Axe

Front to Side

Front to Round

Front to I/O Crescent

Front to Hook

Hook to Round

Low/High Double Round

Front Split

### **Blocks:**

Fan Block

Double Ram Head

(Sai) Rising X-Block

### **Strikes:**

Guarding Chop

Back Fist Smash

Guarding Palm Heel

Inside Hammer Fist

Horizontal Sai Flip

Horizontal Sai Thrust

### **Self Defense:**

#8 Rear Choke Hold, "The

Gate"

Rear/Turn/Side

### **Forms:**

Palgue 6

Sai Basics

### **Escapes:**

Front Clinch

Leg Clinch

### **1 Step Sparring:**

#7 Rear Cross Step, Hook

Kick, Jump Back Kick, Back

Fist, Reverse Punch

### **Combinations:**

#8 Crescent Kick Combo

### **Board Breaking:**

Sliding Side Kick

Turn Back Kick

Flying Side Kick

Palm Heel

**Note:** All 1 Steps should be practiced on Right and Left sides from Purple Belt and up.  
All Kicking Combinations should be practiced on Right and Left sides from Purple-1 Belt and up.

## **Brown Belt**

### ***Stances and Movements:***

Tiger Stance  
Flare Stance  
Fig. 4 Locks  
Shoulder Throw  
Basic Hip Throw  
Back Roll to Back Kick  
Bowl Roll

### ***Kicks:***

Shin Kick  
Foot Stamp  
Flying Side to Back

### ***Strikes:***

Head Butt  
Groin Chop

### ***Sai Techniques:***

Twin Outside Block  
Twin Temple Strike  
Wrist Hook  
Elbow Poke  
Overhead Strike  
Vertical Sai Thrust  
Inside Horizontal Flip  
Vertical Flip  
Guarding X-Block

### ***Self Defense:***

#9 Bear Hug, "The Barrel"

### ***Forms:***

Sai Form

### ***1 Step Sparring:***

#8 Forward Intercepting  
Step, Axe Kick, Side Kick,  
Pop-Up Side kick, Back  
Fist, Reverse Punch

### ***Combinations:***

#9 Hook Kick Combo

### ***Board Breaking:***

Axe Kick  
Hammer Fist  
Elbow Smash  
Jump Back Kick  
Jump Inside Round

### ***Assistant Instruction:***

6 classes

## **Red Belt**

### ***Stances and Movements:***

Horse Stance on the Wall  
Front Roll to Jump Front  
High/Low Load  
Lead Leg Side Step  
High Low Throw  
Hair Clinch  
Bent Arm Wrist Lock  
Outward Wrist Lock  
Straight Arm Bar

### ***Kicks:***

Extended Axe  
Shuffle Axe  
360° Axe  
Heavy Round

### ***Blocks:***

X-Block Low  
X-Block High  
High & Low Block  
Butterfly Palm

### ***Strikes:***

Double Groin Smash  
Double Rib Smash  
Basic 3 Knee Strikes  
Tiger Mouth

### ***Self Defense:***

#10 "The Switch"

Against the Wall

### ***Forms:***

Palgue 7  
Four Seasons

### ***Escapes:***

Shoulder Grabs  
Hair Grab  
Kick Grab

### ***1 Step Sparring:***

#9 Blending Lead Leg Side  
Step, Spin Hook Kick, Pop  
Switch Kick, Front Kick,  
Hand Combination of  
Choice

### ***Board Breaking:***

Ridge Hand  
Jump Axe  
Spin Wheel or Spin Hook  
Step Through Back Kick

### ***Assistant Instruction:***

12 classes

## **Red/Black Belt**

### ***Stances and Movements:***

Traditional Fighting  
Drop Throw (Bicep, Collar)  
Push Pull Throw  
Arm Sweep  
Wrap Throw  
Iron Broom Sweep  
Inside Reap Throw  
Outside Reap Throw  
Inside Ankle Sweep  
Outside Ankle Sweep  
Bicep Clamp  
Knee Wedge

### ***Kicks:***

Traditional Round  
Inverted Round  
Jumping Side

### ***Sweeps:***

Iron Broom

### ***Blocks:***

Diamond Knife Hand  
Twin Tiger Bo  
Knife Hand X-Block

### ***Strikes:***

Twin Spear Hand Thrust  
Knee Smash  
Inverted Guarding Spear  
Hand

Twin Inverted Palm Heel

### ***Forms:***

Chung Mu  
4 Seasons Timed  
(18 Seconds)

### ***1 Step Sparring:***

#10 Right Leg Back, Inside  
Crescent Kick, Tornado  
Kick, Step Spin Wheel Kick,  
Iron Broom Kick, Axe Kick

### ***Combinations:***

#10 Wheel Kick Combo

### ***Board Breaking:***

360° Back/Hook/Wheel  
Kick

Rolling Hammer Fist

### ***Assistant Instruction:***

18 classes

## **1<sup>st</sup> Dan Black**

### ***Positions:***

Sam Jae  
Kido Ready  
Ki Salutations  
Inverted Salutations

### ***Stances and Movements:***

Dragon Stance (3pt.)  
Drop Knee Stance  
Scissor Sweep and Throw  
Live Hand

Ki Finger

Ki Finger Compression

### ***Kicks:***

Triple Round/Side  
Hook-Round-Side  
Machine Gun Turret  
Double Flying Side  
Scissor to Font

Jump Front to Round

540° Tornado/180° Step

Behind Round

Butterfly

### ***Forms:***

Palgue 5

Palgue 8

Koryo

Kido Hana

Self-Developed Staff

### ***Advanced Weapon***

### ***Techniques:***

10 Shot Class Blocks  
Staff Sand Flicks and Spins  
Slide Strikes

3, 5, 7 pt. Strike

Sai 12 Angles

Sai 8 Blocks

Sai Spins

Tonfa Angles

Tonfa 8 Blocks

Tonfa Spins

Staff, Sai, Tonfa Flow

### ***Self Developed(3 each):***

1 Steps Kicking

Defenses vs. Kicks

Wrist Grab Defenses

Clothing Grab Defenses

Defenses with Throws

### ***Board and Brick Breaking:***

Six Double Breaks

1 Brick

### ***Instruction:***

40 Assistant Classes