

**Sangrock International
Taekwondo &
Black Belt World**
Established in 1998



Student Manual

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Sangrock International Taekwondo Student Manual

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*Students will receive belt level requirements as they progress through the program.

Sangrock Int'l Taekwondo

Student Manual

Grand Master Abhai Singh Rathore **7th Degree Black Belt**

Born in India, Grand Master Singh began training in Taekwondo as a teenager. His love of the art and people took him to many countries. Grand Master Singh studied in Korea, the birthplace of Taekwondo, for an extended period of time. He earned a Master's Degree and Coaching Diploma in the art of Tae Kwon Do from the World Tae Kwon Do Headquarters in Seoul, Korea in 1988. In 1982 Grand Master Singh was the National Champion of India in the featherweight division. In 1983, he was selected to compete in the World Taekwondo Championship held in Denmark and in 1984, represented the National team in the Asian Taekwondo Championships held in Manila, Philippines.

Grand Master Singh came to America by Grand Master Jun Lee's invitation in 1995, to help promote Taekwondo and further develop his teaching of the art. He assisted Grand Master Lee at Black Belt World in Raleigh, NC until 1998, then he opened his own school in Matthews, NC.

Grand Master Singh earned a BA Degree in Economics and is an International Master Instructor recognized by the World Tae Kwon Do Federation in Korea (WTF). He is also a certified Olympic International Referee. In addition, Master Singh has earned a Master's Degree in Special Education and Taekwondo from New Hope University in California.

Note: To be called "Master" one must be a rank of 4th Dan Black Belt. To be called "Grandmaster" one must be a rank of 7th Dan Black Belt. A 1st Dan must train a minimum of 1 year to test for 2nd Dan. A 2nd Dan must train a minimum of 2 years to test for 3rd Dan, a 3rd Dan must train for three years to test for 4th, and so on.

Sangrock Programs

Adult Programs

You will experience a combination of exercises for both the body and the mind. Isometric and dynamic tension exercises will strengthen the body; stretching will help develop optimum flexibility; warm-up exercises and sparring routines will develop cardiovascular fitness; and deep breathing and concentration exercises will relax your mind, sharpen your responses and promote energy.

Little Phoenix

Studies have shown that ages three through six are the most important years of your child's development. Our specialized Little Phoenix program offers an age-specific curriculum that has been professionally designed to teach children life skills in a fun, exciting and enriching manner.

Once enrolled in our Little Phoenix program your child will become a sharper student in school and a better listener at home. Little Phoenix learn the value of teamwork, good manners, and to try their best at all times. As an added benefit, all the Little Phoenix class activities are designed to keep your child mentally and physically fit. Constant praise of their efforts helps to create an "I Can" attitude as Little Phoenix advance in the program.

Youth Programs

The Youth program is specifically designed for children between the ages of seven to twelve. This program will greatly enhance your child's focusing skills, instill self-discipline and self-control, and increase self-confidence. We believe these traits will build a strong character and set a solid foundation for each of our students. These lessons will not only help them to improve their grades in school, but they will also prepare them to resist peer pressure and excel in life's challenges.

After School Program

During the school year, Sangrock offers a unique After School Care program. Transportation is provided from area elementary and middle schools to our facility. The program and its activities are supervised by trained, certified instructors and their assistants. Our well structured program includes arts & crafts and games, but the primary focus is on homework, character development and Taekwondo training. The program is fun and educational, however, we emphasize self-discipline, which builds a strong foundation at an early age.

Summer Camp

Designed to keep your child entertained all summer, our Summer Camp is a fun, structured way to spend those long hot days. Campers will participate in daily Taekwondo practice and will also work on incorporating the Taekwondo values into their everyday lives. By the end of the summer you will see a more focused and disciplined child. Sounds like work? It's not. Our instructors are trained to take the humdrum out of learning and present all lessons in a fun and exciting way. Campers also participate in daily field trips. A few favorites are the movies, bowling and swimming.

Weapons Training

Our Weapon Training Class is designed as an extracurricular activity for students who have attained the rank of Green Belt and above. We Practice the Jang Bong (Bo Staff), the E Dang Bong (Numchuks), and Kum Do (the Art of Korean Sword). If you are interested in this class please see your instructor for details.

Sangrock Competition Team

Comprised of students from age 6 and older, this team has participated in several competitions over the last year. They have brought home with them Bronze, Silver and many Gold medals. Most recently the team went to the State Open in Cary, NC and competed in Poomse & Sparring to qualify for Nationals. Students must receive an invitation from their Instructor to tryout for the team.

Demo Team

The Sangrock Demonstration team is made up of the best of the best of our school. They have the highest level of Taekwondo attitude and physical skill. The Demo Team travels around Matthews and Charlotte, North Carolina educating our community of the benefits of our Martial Arts. To qualify for the Demo Team, students must be Green Belt or higher and obtain instructor approval.

Teaching Principles

In addition to the physical aspects of traditional Taekwondo training, our teaching is based on the following principles. These principles comprise the Ten Student Commitments of Sangrock International Taekwondo. The commitments are recited at the end of every class and each student is expected to live by those commitments.

1. I will be loyal to my country.
2. I will honor my parents.
3. I will love my family and cooperate with them.
4. I will be faithful to my friends.
5. I will respect my elders and care for my juniors.
6. I will establish a positive relationship with my teachers.
7. I will treat all living things with care.
8. I will never seek advantage of those who are weaker.
9. I will only use Tae Kwon Do to benefit others and myself.
10. I will always finish what I start.

Curriculum

Weekly Lesson Topics

At Sangrock International Taekwondo our mission is to provide the well-rounded, complete benefits of the authentic Korean Martial art of Taekwondo. Each week, we focus on different aspects of training.

1. Basics and
2. Self-Defense
3. Knowledge and Power Training
4. Sparring and Safety Gear
5. Review

Each belt rank has a curriculum which is specific to that level of training. The curriculum is outlined in segments which correlate to the weekly lesson topics outlined above. A copy of the curriculum is included in this manual so that students can study and practice independently. However, regular class attendance is mandatory, and self-teaching at or above your level is strongly discouraged.

Dress Code

The standard uniform is the Taekwondo *Dobok*, a top and a pair of pants designed for comfort and durability during training. All students should have a full set of patches on their Dobok before advancing to the High White Belt level. The set of patches consists of the school patch, the American Flag and the Korean Flag.

A belt indicating rank is worn at the waist. Your instructor will go over the meaning and proper care of your uniform and belt.

Unless told otherwise, you should wear your Dobok to all school events.

During class, **all jewelry** except for wedding bands must be removed.

Safety Gear Requirements

All students are required to wear safety gear during their training. Though safe, Taekwondo is a contact sport and your safety is our first concern. With proper safety gear you will be able to learn techniques more effectively and realistically, while limiting the potential of injury to yourself and.

- | | |
|----------------------|--|
| ➤ White Belt | Foot and hand gear are optional, but Recommended |
| ➤ High White Belt | Foot and hand gear are mandatory |
| ➤ Yellow Belt and up | Chest and headgear are also mandatory |

Other recommended gear includes a mouthpiece, groin cup (males), and equipment bags. Proper safety gear should be purchased at Sangrock International. Students should have their names clearly written on their gear.

Students must bring their safety gear to each class they attend. Additionally, safety gear is required at belt exams and tournaments.

Personal Items

Please make sure your name is on all of your equipment. Sangrock International Taekwondo is not responsible for lost or stolen items. Personal items should be taken home with you at the end of class. After Schoolers may leave their uniforms and sparring gear in their cubby, but nothing else should be left behind. Items left behind will be placed in the Lost and Found and if not claimed after 1 week it will be donated to charity.

Attendance Cards

Because training regularly is important, we use attendance cards to record each student's attendance. Attending two to three classes each week should enable you to see the progress and results that you desire.

When you arrive for class, find your attendance card on the rack located inside the Dojang. You can review the study materials on the back of the card and the training requirements on the front as you stretch before class. You are responsible for all of the material on your attendance cards during exams.

When class starts, bring your card when you line up. Instructors collect the cards at the beginning of every class. The instructors not only record attendance, but also check off the training requirement for each rank to help keep you on track toward your goals.

All cards are color coded according to belt color, except the grey cards, which are for Black Belts.

Etiquette

In addition to the usual rules of etiquette, we follow some rules that are specific to the Dojang. These rules are based on traditional Asian values of respect and courtesy.

Students of lower belt rank bow to students of higher rank. The senior students return the bow.

Instructors and senior black belts are addressed as "sir" or "ma'am". When addressing the instructor or senior black belt, use the appropriate title, such as "Mr. Edwards" or "Mrs. Edwards". Black belts holding a rank of fourth degree or higher are addressed as "Master", such as "Master Singh". A black belt indicates rank by the number of gold stripes tipping the belt.

When you enter and leave the Dojang, bow to the flags.

Only martial arts shoes may be worn in the Dojang. However, students are encouraged to practice without shoes. If you do decide to wear martial arts shoes those shoes should not be worn anywhere other than the Dojang.

Class time is especially respected. If you remain in the Dojang during a class, but are not participating, stay quietly in the back of the room. Do not interrupt a class. You can use the time to stretch or study the curriculum printed on the back of your attendance card.

Belt Ranking System

As you train, you will progress through the various Taekwondo ranks. The lower ranks (called Kub in Korean) are indicated by colored belts. The higher black belt ranks (called Dan in Korean, or Degree in English) follow the Kub ranks. Each Kub rank is associated with a belt color. For each belt color, there is also a high Kub rank. Belts for the high Kub ranks are striped the color of the belt of the next rank. New students have no belt at all until they learn basic introductory material, and have no Kub rank. White belt students also do not have a Kub rank.

The following lists the Kub ranks and Deputy Black Belt rank, and the typical time required to advance to the next rank. Advancement is accomplished by competently demonstrating the requirements of each rank in public exams.

After working through the Kub ranks, students become eligible to advance to the lowest Dan rank, Deputy Black Belt (Bo Dan in Korean). The requirements for advancement to Deputy Black Belt are more rigorous than the requirements for advancing to even the highest Kub rank. The requirements are detailed in a subsequent section in this guide.

Students advance to First Dan Black Belt from Deputy Black Belt after a minimum of 6 months training period. Higher Dan ranks, which are outside the scope of this guide, follow the first Dan rank.

Stripe System

Whenever an instructor feels that you understand and can competently demonstrate one-third of the requirements for achieving the next rank, you earn a **white tip on your belt**. **After** the first stripe is earned, the instructor will award another stripe when the next third of the material is mastered. After all the requirements for advancing to the next rank are demonstrated, a third stripe is awarded. Students who have earned three stripes receive permission from the instructor to test for advancement to the next rank. Students who regularly attend two to three classes a week typically earn a stripe every two to three weeks.

How To Tie Your Belt

Hold your belt at the center, with your stripes on the left side (if you have them).

Place center of belt on the front of your Dobok, an inch below the naval or tanden. Wrap your belt around your waist, crossing the right side over the left side at the center of your back. Pull the ends of the belt forward and adjust the lengths so they are even.

Lay the left side of the belt over the tanden. Lay the Right side of belt across the tanden. The stripes will Be on your left side.

Slide the left side of belt under and behind all layers at the tanden. Stripes will be on the left side.

How To Tie Your Belt - Continued

Loop the right side of your belt.

Bring the left end of your belt down and over the front of the right.

Loop the striped end under and up through the right “U” shape to form a knot.

Pull ends of the belt outward to tighten the knot.
Stripes will be on your right side.

Adjust now so the ends of belt are even and hang neatly.

Exams

Exams are an important part of your Taekwondo training at Sangrock. Exams give you an opportunity to show your instructors, fellow students and families that you understand and can competently demonstrate the techniques and knowledge listed in the curriculum for your current rank.

Exams are not meant to be easy, but remember that you are invited to test only after your instructor believes you are ready. It is a good idea to think of each exam as a challenge to be enjoyed, rather than an ordeal to be endured. The atmosphere at an exam is energetic and supportive. Remember that our mission is to help you succeed.

The following prerequisites apply to color belt exams:

- Attend a minimum of 24 classes during a three month period.*
- Earn three stripes.
- Receive your instructor's approval.
- Be current with your tuition payments.

*High Red Belts must attend a minimum of 32 classes during a four month period.

Scheduled Exams

Once a student has earned all of the required stripes the instructor will issue an Examination Form. Colored belt examinations are conducted on a weekly basis. Little Ninja examinations are conducted once a month and are always on a Saturday morning.

This is a special day. Students are encouraged to bring friends and family members to watch their exam and take pictures and/or videos. Lower rank belts are encouraged to attend the color belt test to learn what is expected of them in the future. And all students are encouraged to attend belt exams to show support for their Taekwondo family members.

Exam Registration

Students must submit a completed Examination Form at least two days before the exam date. When completing your application, make sure to include your belt size and **current belt rank**. The student is also responsible for having a Black Belt Instructor other than Master Singh go over all testing requirements to ensure that the student has a good understanding of all testing requirements. The Instructor will then sign-off on the application. All Examination Forms and testing fees should be handed in no later than the Thursday prior to testing.

Before Exam Day

Shortly before your exam, invite your family and friends. Ask them to bring cameras and camcorders, and let them know they can cheer you on as much and as long as they want.

Find people and review your exam requirements with them. Other students, especially Black Belts and class leaders, are almost always happy to help you prepare.

On Exam Day

Please don't get too nervous. Exam times are actually fun!

Arrive no later than 15 minutes before the exam time. You can use the time to warm up and stretch and ask any last-minute questions.

Wear a full uniform, including a full set of patches. Uniforms should be cleaned and neatly pressed.

Bring your safety gear. This is required for all belt levels except White Belts testing for High White. Students who do not have their safety gear will be asked to test at another time.

Just before the exam, everyone being tested lines up just as they would in a regular class. An instructor leads a warm-up, and the exam begins.

Exams last approximately one hour.

Student Rewards

Academic Reward

Students who have achieved the highest standards academically and have received all straight A's on their report card are acknowledged at the time of Testing. Students who turn in their report cards when they test will receive a Trophy or Medal.

Student of the Month Reward

Students, who show outstanding performance in their Martial Art training, attend classes regularly and show respect and courtesy towards fellow students are acknowledged during testing. They will receive a Student of the Month certificate and a TKD \$1 to use in the Pro Shop.

Referral Program Reward System

Students who bring family and friends into our growing Taekwondo family are eligible for rewards if they enroll in one of our programs. Eligibility is based on the following:

- The referral must enroll in one of our programs (trial programs, special offers and intro courses do not apply)
- The number of enrollees resulting from your referrals will determine the reward you receive.

Rewards:

- 1 enrollee - Cool headband
- 2 enrollees - School T-Shirt
- 3 enrollees - \$25.00 gift certificate to our Pro-Shop
- 4 enrollees - Ice Cream Party for you and 10 friends!
- 5 enrollees - 1 Month of FREE Classes!

Holiday Closings

Sangrock International Taekwondo will be closed in observance of the following holidays:

- Memorial Day
- 4th of July
- Labor Day
- Thanksgiving (Thursday – Sunday)
- Christmas Eve and Christmas Day
- New Years Eve and New Years Day

Tuition Payments

Sangrock International Taekwondo does not accept monthly tuition payments. Unless you paid your annual tuition in full at the time of enrollment or renewal, all payments are made directly to our billing management company. This allows us to focus on what we do best, curriculum development and professional martial arts instruction for all ages.

Here are some tips for dealing with the billing management company:

- Always make your payments on time to avoid late fees and phone calls from the staff.
- If you do receive a collection call, remember that they call everyone who is late. It is nothing personal; the person calling is simply doing his/her job.
- If you know in advance that your payment is going to be late, notify the billing management company. They are always willing to work with people who make sincere efforts to keep their account current.

Expenses other than Tuition

Besides regular tuition payments, there are other training expenses, which are described in the following list.

- **Examinations** - Approximately every three months a student will test and move up in rank.
- **Safety Gear** - Mandatory for all students. The safety gear requirements are detailed earlier in this guide.

Expenses Other Than Tuition - Continued

- **Tournaments** – Students are encouraged to participate in our In-House Tournament. This is a good way to measure progress, as well as to apply your skills. From time-to-time we receive information relating to off-site tournaments. Registration and entry fees to those tournaments will not be handled by Sangrock International Taekwondo and are the responsibility of each individual student.
- **Special Camps** - We offer special overnight training camps for children.
- **Black Belt Exams** - Exam fees are required for First Dan Black Belt and above. You have the option of receiving certification from Kukkiwon and the WTF (World Tae Kwon Do Federation), which carries an additional fee, or you can pay the standard fee and receive our certification. There is also an additional fee to order your personalized belt, which has your name, the name of the school and your rank embroidered in gold.

Extended Absences

If you miss classes during vacation, or miss more than a week of classes due to illness or injury, notify one of the instructors. After returning from an absence due to injury, let your instructors know of any limitations you have.

Taekwondo is not a seasonal activity. However, we do realize that sometimes other interests arise which prohibit regular attendance. If you absolutely cannot find one class to attend during the week as a courtesy we will offer you the option of freezing your account. Accounts can be frozen for a period of 30 – 90 days and your contract will be extended accordingly. (Example: Your account was coming to maturity during the month of June and you froze your account for 3 months. Three months would be added to the end of your contract and the contract would now mature in September.) There is a \$25.00 processing fee associated with this courtesy.

Membership Renewals

All memberships must be renewed at least 30 days before they expire.

Please let us know of your goals and intentions at the time of your conference. We ask each student to volunteer to renew at least one month before the expiration date, even before you receive renewal letters from us, or the management company. This will help us maintain accurate billing records, as well as save you from having to make up missed payments.

White Belt (Non Kub)

Basics and Forms Week

Basics

- Hand positions #1 & #2
- Stances (Front, walking, ready, horseback)
- Blocks (Low, high, inside and outside)
- Blocks with front and walking stances (Forward & turning movement)
- Differentiate punches beginning at hand positions #1 & #2
- Kicks (Front, side, roundhouse)

Form (Poomse):

- 10 Step #1

Self Defense Week

One Step Self Defense:

- 1-5 techniques
- Confident verbal and physical expression
- Training drills in short distance and some floor exercises

Knowledge and Power Training

Breaking:

- Front Kick
- Practice how to hold boards for breaking

Knowledge:

- Know all knowledge requirements on the back of attendance card
- Read student rules and abide by them
- Learn how to tie belt
- Know the attendance system
- Know the testing procedure
- TKD Etiquette

Safety Gear Week

Sparring

- Stance and posture
- Open and closed stances
- Footwork (single, double switches, single step forward, single step backward)

Drill

- Kicking drill with above foot work, with or without shield
- How to hold a shield
- Sparring against a shield

Testing Requirements

Form

10 Step #1

Self Defense

1-5 techniques

Breaking

Front Kick

Knowledge

10 Student Commitments

Terms

Counting Numbers

Meaning of White Belt

Sparring

Against a shield

Stances

Footwork

Review Week

- Review all topics above

White Belt (Non Kub) Study Guide

Ten Student Commitments

1. I will be loyal to my country.
2. I will honor my parents.
3. I will love my family and cooperate with them.
4. I will be faithful to my friends.
5. I will respect my elders and care for my juniors.
6. I will establish a positive relationship with my teachers.
7. I will treat all living things with care.
8. I will never seek advantage of those who are weaker.
9. I will only use Taekwondo to benefit myself and others.
10. I will always finish what I start.

Meaning of White Belt

Pure
No Knowledge
Humble

Terms

- | | | |
|---------------|--------------|--------------|
| ▪ Cha-riot | (cha re ot) | Attention |
| ▪ Joonbi | (jun be) | Ready |
| ▪ Kyong-Ye | (k-yung ye) | Bow |
| ▪ Dojang | (do jang) | Workout Area |
| ▪ Dobok | (do bok) | Uniform |
| ▪ Sa bom nim | (sa bom nim) | Instructor |
| ▪ Sun bae nim | (sun ba nim) | Senior Belt |

Counting Numbers

- | | | |
|---------|----------|-------|
| ▪ Hana | (hana) | One |
| ▪ Dul | (duel) | Two |
| ▪ Set | (set) | Three |
| ▪ Net | (net) | Four |
| ▪ Dasot | (da sot) | Five |
| ▪ Yasot | (ya sot) | Six |
| ▪ Elgub | (il gub) | Seven |
| ▪ Yodol | (yo dul) | Eight |
| ▪ Ahob | (a hab) | Nine |
| ▪ Yol | (yul) | Ten |

High White Belt (9th Kub)

Review all white belt requirements

Basics and Forms Week

Basics:

- Hand Techniques: Knife Hand (one/two knife hand low and outside block)
- Stance and footwork: Back stance (forward, backward and turning movement)

Forms

- 10 Step #2

Self-Defense Week

One Step Self-Defense

- 1-5 (opposite side of white belt)
- Wrist grab (1-3)
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Side kick
- Practice how to hold

Knowledge

- Know all knowledge requirements on the back of attendance card
- Learn how to fold a Dobok
- TKD Etiquette and Leadership

Safety Gear Week

- Hand and foot gear required.

Sparring

- Promise style
- How to hold a hand target

Drill:

Combinations:

1. Roundhouse kick (middle), Roundhouse kick (high)
2. Roundhouse kick and Drop kick
3. Roundhouse kick and Back/front punch

Drill:

- Forward and Backward step (shuffling or single step)/ Roundhouse kick (closed and open stance)
- Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Testing
Requirements

Form
10 Step #2

Self Defense
1-5 techniques
Ho Sin Sool 1 -3

Breaking
Side Kick

Knowledge
TKD Terms
Counting Numbers
TKD Facts

Sparring
Promise Style
3 Combinations

Review Week

- Reviewing all topics above

High White Belt (9th Kub) Study Guide

Terms

▪ Barro	(ba ro)	Return to Joonbi
▪ Guk-Gi	(guk-ke)	Flag
▪ Gu-Mahn	(gu man)	Stop
▪ Ki Hop	(ke hop)	Yell
▪ Myung Sang	(mung sang)	Meditation
▪ Guk-gi yea dea hi yo Kyong ye		Bow to the Flag
▪ Sa bom nim kae Kyong ye		Bow to the Instructor
▪ Sun bae nim kae Kyong-ye		Bow to Senior Belt

Counting Numbers

▪ IL	(Il)	First (1 st)
▪ EE	(e)	Second (2 nd)
▪ SAM	(sa m)	Third (3 rd)
▪ SA	(sa)	Fourth (4 th)
▪ OH	(o)	Fifth (5 th)
▪ YUK	(yuk)	Sixth (6 th)
▪ CHIL	(chil)	Seventh (7 th)
▪ PUL	(pal)	Eighth (8 th)
▪ KOO	(ku)	Ninth (9 th)
▪ SIB	(sib)	Tenth (10 th)

Tae Kwon-Do Facts

- 2,000 year old Korean Martial Art
- Often mistakenly called “Korean-Karate”
- Complete exercise of mind and body

Yellow Belt 8th Kub

Review all High White Belt Requirements

Basics and Forms Week

Basics

- Hand Techniques: Reverse punch, Reverse inside block
- Footwork: Turning to closed section
- Kicks: Running & Fast Step kicks (front, side, roundhouse), Turning back side kick

Forms

- Taekuk IL Jhang

Self Defense Week

One step self defense

- 1-6 techniques

Floor

- Side fall
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Drop kick
- Practice how to hold

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

Sparring:

- Theory: Logic of counter attack (Time & Space concept)
- Practical: Friendly contact with full safety gear

Drill

Combination

- Front leg cut kick, single step forward, turning back kick

Drill

- Footwork's & Kicks (w/ or w/o target, w/ or w/o partner)

Review Week

- Review all topics above.

Testing

Requirements

Form

Tae Geuk Il Jhang

Breaking

Drop Kick

Knowledge

TKD Terms

Tae Geuk

Why do we bow?

Tae Geuk Il Jhang

Sparring

Full Safety Gear

Friendly Contact

Combinations

Yellow Belt (8th Kub) Study Guide

Terms

- Cha Ki (cha ke) Kick
- Mak Ki (mak ke) Block
- So Ki (so ke) Stance
- Jiru Ki (je ru ke) Punch
- Chi Ki (che ke) Strike
- Dong Jak (dong jak) Movement
- In Jung (en jung) High Section Point
- Myong Chi (myong che) Middle Section Point
- Nang Shim (nang shim) Low Section Point
- Poomse (pum se) Pattern or Form

Tae Geuk (te juk)

- Tae Geuk is the name of the Poomse (form or pattern) we practice. We practice eight (8) different Tae Geuk Poomse.

Why do we Bow?

- We bow to show sincerity of respect.
- Bowing is the universal gesture of politeness.

Tae Geuk 1-Jong

- Represent *Sky*, which is the principle of all living things in the universe. (18 pooms)

High Yellow Belt (7th Kub)
Review all Yellow Belt Requirements

Basics and Forms Week

Basics

- Kicks: Fast step Roundhouse kick combinations (turning back side kick, fast kick push kick, or fast step pushing kick front leg drop kick)

Form

- Taekeuk E Jhang

Self-Defense Week

One Step Self-Defense

- 1-6 techniques (opposite side of yellow belt)

Self-Defense

- Ho Sin Sool 4-6
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Turning back side kick
- Practice how to hold

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

- Full Safety Gear Required

Sparring

- Theory: Understand and practice distance concept “Alert & Target zones”
- Practical: Friendly contact with full safety gear

Drill

Combination

- Fast step Roundhouse kick and turning back side kick

Drill

- Footwork & Kicks (w or w/o target, w/ or w/o partner)

Review Week

- Reviewing all topics

Testing Requirements

Form

Tae Geuk EE Jhang

Self-Defense

1-6 techniques

Ho Sin Sool 4 – 6

Breaking

Turning Back Kick

Knowledge

TKD terms

Why do we wear

different color belts?

Why do we yell?

Significance of Tae

Geuk EE Jhang

Sparring

Full Safety Gear

Friendly Contact

Combinations

High Yellow Belt (7th Kub) Study Guide

Terms

- | | | |
|------------------|-------------------|-----------------|
| ▪ Ahp Cha Ki | (ap cha ke) | Front Kick |
| ▪ Yop Cha Ki | (yap cha ke) | Side Kick |
| ▪ Dolryo Cha Ki | (dul re-o cha ke) | Roundhouse Kick |
| ▪ Aha Rae Mak Ki | (a-ra ma ke) | Low Block |
| ▪ Eol gul Mak Ki | (el gu ma ke) | High Block |
| ▪ Ahn Mak Ki | (ahn ma ke) | Inside Block |
| ▪ Bakat Mak Ki | (bak at ma ke) | Outside Block |

Why do we wear different color belts?

- We wear different color belts to symbolize our increase in knowledge with the darkness of color.

Why do we yell?

- We yell to develop internal and spiritual strength, with concentration and confidence.

Tae Geuk 2-Jong

- Represent Tae, which means internal strength, external gentleness. Perform this poomse gently, but when you strike or hit, move strongly. (18 pooms)

Green Belt (6th Kub)

Review all High Yellow Belt Requirements

Basics and Forms Week

Basics

- Hand Techniques: Knife hand neck attack, Front w/double punches
- Kicks: Whip (front, back, turning); Jump side kick (front leg)

Form

- Tae Geuk Sahm Jhang

Self-Defense Week

One Step Self-Defense

- 1-6 Techniques

Self-Defense

- Training drills in short distance and some floor exercises

Falling techniques

- Front fall, side fall

Knowledge and Power Training Week

Breaking

- Standing jump side kick
- Practice how to hold a target

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

- Full Safety Gear Required

Sparring

- Theory: Key factors in combination techniques are Rhythm and Tempo
- Practical: Friendly contact with full safety gear

Drill

Combination

- Cut step (front or rear), turning hook kick (trapping style)

Drill

- Footwork & Kicks (w/ or w/o partner)

Review Week

- Review all topics above.

Testing Requirements

Form

Tae Geuk Sahm
Jhang

Self-Defense

1 – 6 techniques

Breaking

Jump Side Kick

Knowledge

TKD Terms
Meaning of Green Belt
Literal Meaning of
Taekwondo
Significance of Tae Geuk
Sahm Jang

Sparring

Full Safety Gear
Friendly Contact
Combinations

Green Belt (6th Kub) Study Guide

Terms

- | | | |
|-----------------------------------|-----------------------------------|-------------------------------|
| ▪ Kyukpa | (kyuk-pa) | Breaking |
| ▪ Kyorugi | (kero-gi) | Sparring |
| ▪ Ho Sin Sool | (ho sin sol) | Self Defense |
| ▪ Yang Son Nal
Aha Rae Mak Ki | (yang son nal a-ra
ma ke) | 2 Knife Hand
Low Block |
| ▪ Yang Son Nal
Mom Tong Mak Ki | (yang son nal moum
tong ma ke) | 2 Knife Hand
Outside Block |
| ▪ HanSon Nal Bakat
Mak Ki | (Han son nal bak at
ma ke) | 1 Knife Hand
Outside Block |

Meaning and Significance of Green Belt

- A green belt signifies the color of spring, starting to grow, the beginning.

Literal meaning of Tae kwon Do

- Tae Means Foot
- Kwon Means Hand
- Do Is the way or the art of combining one's mind and body

Tae Geuk 3-Jong

- Represent *Sun or Fire* that is, the fire gives brightness and infinite hope.
(20 pooms)

High Green Belt (5th Kub)

Review all Green Belt Requirements

Basics and Forms Week

Basics

- Hand Techniques: Spear hand thrust, palm down block, swallow form neck attack, back fist, back stance, sliding inside block.

Form

- Tae Geuk Sah Jhang

Self Defense Week

One step self defense

- 1-6 techniques (opposite side of Green belt)

Self defense

- Ho Sin Sool 7-9
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Turning whip kick
- Practice how to hold a target

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

- Full Safety Gear Required

Sparring

- Theory: Purpose of doing combination techniques is to attack or to trap the opponents
- Practical: Friendly contact with full safety gear

Drill

Combination

- Fast step roundhouse kick, single switch & turning whip kick

Drill

- Footwork and kicks (w or w/o target, w/ or w/o partner)

Review Week

- Review all topics above

Testing Requirements

Form

Tae Geuk Sah Jhang

Self-Defense

1-6 Techniques
Ho Sin Sool 7-9

Breaking

Turning Whip Kick

Knowledge

Taekyon & Soobakhi
How do we make
power?
Relaxation & Strength
Exercises
The American Flag
Significance of Tae
Geuk Sah Jhang

Sparring

Full Safety Gear
Friendly Contact
Combinations

High Green Belt (5th Kub) Study Guide

Taekyon & Soobakhi

- The predecessor of Taekwondo

How do we make power?

- Power is product of mass multiplied by acceleration ($f=ma$). In other words, the weight of the person times the speed with concentration, balance, confidence, and yelling produces power.

Relaxation & Strength Exercises

- Effective kicks and punches begin with relaxation for speed and end with tightness for strength. Therefore, we practice each separately and then put them together. The strength exercise increases muscle tone and gathers energy. The relaxation exercise develops speed and agility.

The American Flag

- The American Flag has 13 stripes and 50 stars
- Stars represent each of the 50 states
- Stripes represent each of the original 13 colonies
- Red symbolizes courage, war, and blood
- White symbolizes truth, freedom and purity
- Blue symbolizes justice and ambition

Tae Geuk 4-Jong

- Represents Thunder. It is fearful and sharp, even frightening. Perform this poomse with a spirit of sincerity and calmness. (20 pooms)

Blue Belt (4th Kub)

Review all High Green Belt Requirements

Basics and Forms Week

Basics

- Hand Techniques: Hammer fist, elbow strike, double inside block, Jump-dashing back fist
- Kicks: 180 degree tornado roundhouse kick; Jump side kick; Jump front kick; Crescent Kick

Form

- Taekuk Oh Jhang

Self Defense Week

One step self defense

- 1-6 Techniques

Self-Defense

- Training drills in short distance and some floor exercises

Falling Techniques

- Front fall, Side fall, Back fall

Knowledge and Power Training Week

Breaking

- Jump front kick
- Practice how to hold a target

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

Sparring

- Theory: Types of combination techniques in strategic concept
 1. Crashing and chasing pattern-traveling distance is the key
 2. To deliver multiple strikes to the opponents, including forward, stationary, and backward motion.
- Practical: Friendly contact with full safety gear

Drill

Combination

- Round house or fast kick & 180 degree tornado round house kick

Drill

- Footwork and kicks (w or w/o target, w/ or w/o partner)

Review Week

- Review all topics above

Testing

Requirements

Form

Tae Geuk Oh Jhang

Self-Defense

1-6 Techniques

Breaking

Jump Front Kick

Knowledge

Student Credo

Basics & Forms

One Steps/Promise

Sparring

Stretching Exercises

Significance of

Tae Geuk Oh Jhang

Sparring

Full safety gear

Friendly contact

Combinations

Blue Belt (4th Kub) Study Guide

Student Credo

(Memorize)

“We the students of this academy will...

1. Abide within the absolute spirit of the Martial Arts through stringent training of mind and body.
2. Stand solidly united in a common bond of disciplined fellowship.
3. Highly respect the rules of this academy and obey the instructor’s commands
4. That we may bring only honor upon our academy and no dishonor upon ourselves.”

Basics & Forms

- We practice basics and forms to solidify our foundation in all areas of Taekwondo. We develop strength, coordination, agility and skill. Performing forms builds confidence and concentration.

One Steps / Promise Sparring

- We practice them to develop effective precision, offensive and defensive tactics, reaction time and control of distance.

Stretching Exercises

- Flexibility is achieved with stretching exercises. Stretching promotes youthful agility and a sense of physical well being. Flexibility results in a greater range of targets on an opponent.

Tae Geuk 5-Jong

- Represents *Wind*. It can be strong or weak. Begin this poomse like a breeze, then finish it like a strong wind. (20 pooms)

High Blue Belt (3rd Kub)

Review all Blue Belt Requirements

Basics and Forms Week

Basics

- Hand Techniques: Reverse knife hand outside block, Palm inside block, Two hand spreading low block.
- Kicks: Push kick/fast or running step push kick Jump side kick

Form

- Tae Geuk Yuk Jhang

Self-Defense Week

One Step Self-Defense

- 1-6(opposite side of blue belt)

Self-Defense

- Ho Sin Sool 10-12
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Choice of flying side kick or running step side kick
- Practice how to hold a target

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

Sparring

- Theory: Types of combination techniques in strategic concept
 1. Trapping pattern
 2. Pre setup pattern
- Practical: Friendly contact with full safety gear

Drill

Combination

- Turning hook kick, single switch in & turning hook kick

Drill

- Footwork and kicks (w or w/o target, w/ or w/o partner)

Review Week

- Reviewing all topics above

Testing Requirements

Form

Tae Geuk Yuk Jhang

Self-Defense

1-6 Techniques

Ho Sin Sool 10-12

Breaking

Flying Side Kick

- or -

Running Step Side Kick

Knowledge

The Significance of Blue Belt

The Five Tenets of Taekwondo

Basic Principle of Um & Yang

Significance of Tae Geuk Yuk Jhang

Sparring

Full safety gear

Friendly contact

Combination

High Blue Belt (3rd Kub) Study Guide

The significance of Blue Belt

- A blue belt signifies the color of the sky, reaching high, youth and ambition.

The Five Tenets of Tae Kwon-Do

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

Basic Principle of Um & Yang

- In Taekwondo the circle of the Um & Yang symbol represents the unity of the forces in the universe. This unity is made up of two opposite but complimentary forces, which we find in every object and every process. They are the forces of light and darkness, of left and right, of ebb and flow, positive and negative, male and female, matter and anti-matter, good and evil. We see them in the change of the seasons, in the movements of the tides, and in the existence of a harmonic universe.
- The things that cannot exist without the other, they are the Um & Yang. Both are necessary in the universe and in our lives.
- The boundary between these forces creates the harmony and balance from which everything is created. Um & Yang are symbolic of eternal change and the natural rhythms of life. The symbol for them is not static. It is kinetic and flowing. It depicts a serene cycle of constant flux.

Tae Geuk 6-Jong

- Represents WATER. Water always runs from top to bottom, continuously without pausing, without obstruction. Body movements should be like the flow of water. (23 poems)

Red Belt (2nd Kub)
Review All High Blue Belt Requirements

Basics and Forms Week

Basics

- Stance: Tiger stance
- Hand Technique: Scissors block, side punch, Crossing block, Knee strike Inner forearm outside block
- Kicks: Whip & Round combined kick, Jump turning back (stationary and while retreating)

Form

- Tae Geuk Chil Jhang

Self Defense Week

One Step Self-Defense

- 1-6 Techniques

Self-Defense

- Other techniques: Sweeping, Waist toss
- Falling techniques: Jump-front fall, back fall, side fall

Knowledge and Power Training Week

Breaking

- Jump turning back
- Practice how to hold a target

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

Sparring

- Theory: Back kick and Whip kick are:
 1. Frequently used techniques after Trapping opponents
 2. Better to learn as counter techniques rather than learning as attacking techniques
- Practical: Friendly contact with full safety gear

Drill

Combinations

1. Counter back kick (stationary position)
Against: Running step, fast kick, roundhouse kick, roundhouse kick, one step in, front leg drop, front leg cut, combination (front cut & roundhouse).
2. Counter back kick drill (trapping style):

Testing Requirements

Form

Tae Geuk Chil Jhang

Self-Defense

1-6 Techniques

Breaking

Jump turning back kick

Knowledge

Basic Principles of Kee Energy
Significance of Tae Geuk Chil Jhang

Sparring

Full safety gear
Friendly contact
Combinations

Set up opponent to take one step back & counter at open stance.
Take one full step in and lead opponent to react above way,
then same foot step back to be lined w/ the other foot and execute
the back.

- Footwork and kicks (w/ or w/o target, w/ or w/o partner)

Review Week

- Reviewing all topics above

Red Belt (2nd Kub) Study Guide

Basic Principles of Kee Energy

- Kee or vital energy, being energy cannot be created or destroyed. It exists. It can be changed, or transformed, once you understand how to tap it.

Tae Kwon-Do recognizes that there is no separation of body and mind. There is, instead, a balance between the physical, the emotional and the intellectual. Once you are truly aware, you can see a situation for what it is and see how it can be transformed to achieve your goal..

The concentration built by Tae Kwon-Do training requires that you focus your personal Kee energy and become totally absorbed in your activity. You must be aware of everything, distracted by nothing. You learn to perceive without self conscious thinking. This mental concentration increases physical power tenfold and directs it with maximum efficiency. When timing and focus are precise there is no waste of power or effort. You can act spontaneously, rather than react.

The Kee provides your basic bio-energy. When you accept and understand your Kee, the universal flow and balance of nature works through you. You can accept the natural rhythm of any situation and move naturally, and strike naturally.

In short, Kee is the cosmic ocean in which everything exists. It is kept in balance by the Um & Yang, working in rhythm. It is at its best when it flows freely, neither too active nor too passive, but in perfect harmonic balance.

Tae Geuk 7-Jong

- Represents *KAN*, it means clean cut or stopping action. (25 poomse)

High Red Belt (1st Kub)

Review all Red belt requirements

Basics and Forms Week

Basics

- Hand Techniques: Two hand fist block, single mountain block, elbow /back fist combo
- Kicks: Double round air kick, Fast step double round air kick

Form

- Tae Geuk Pahl Jhang

Self Defense Week

One Step Self-Defense

- 1-6(opposite side of Red belt)

Self Defense:

- Ho Sin Sool 13-15

Knowledge and Power Training Week

Breaking

- Hand: Choose one (knife hand, hammer fist, fist, elbow, palm)
- Kick: Kick-Step in & same foot jump whip kick
- Practice how to hold a target

Knowledge

- Know all knowledge requirements on the back of attendance card
- TKD Etiquette and Leadership

Safety Gear Week

Sparring

- Theory: Backward counter skills vs. Forward counter in Space concept
- Practical: Friendly contact with full safety gear

Drill

Combinations:

Footwork:

- Shuffling forward, shuffle back, one-step forward
- Cut step, one step forward & shuffle back
- Running step forward, shuffle back, reverse turning step

Kicking:

- Double Kick
- Shuffle back, double roundhouse kick (against fast kick attack at close distance)

Testing Requirements

Form

Tae Geuk Pahl Jhang

Self-Defense

1-6 Techniques
Ho Sin Sool 13-15

Breaking

Hand Technique
Step in & same foot
jump whip kick

Knowledge

Poomse
(Pattern or Form)
Kyorugi
(Sparring or Fighting)
Kyukpa
(Breaking)
Ho Sin Sool
(Self-Defense)
Jung Sin Tong II
(Meditation)
One Step Self-Defense
Significance of
Tae Geuk Pahl Jhang

Sparring

Full safety gear
Friendly contact
Combinations

- Footwork
- Kicks

Sparring – Continued

Drill

- Footwork and kicks (w/ or w/o target, w/ or w/o partner)

Review Week

- Reviewing all topics above

High Red Belt (1st Kub) Study Guide

Poomse (Pattern or Form)

- A choreographed demonstration of the various kicks, blocks and hand techniques of Taekwondo, which students utilize with an imaginary opponent or opponents.

Kyorugi (Sparring or Fighting)

- A practical application of various forms against an actual opponent.

Kyukpa (Breaking)

- Done to practice and illustrate the formidable power, precision, and great mental concentration of the Taekwondo practitioner.

Ho Sin Sool (Self Defense)

- The study of how to use an attacker's strength or skill and weapons against him or her.

Jung Sin Tong II (Meditation)

- For the purpose of concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards.

One Step Self-Defense

- Choreographed promised fighting at one step distance.

Tae Geuk 8-Jong

- Represents The Earth, where all things exist, where all things are rooted and grow then die. It is the last poomse for color belt students. (24 pooms)

Deputy Black Belt (Bo Dan)

Review all High Red belt requirements

Basics and Forms Week

Basics

- Hand Techniques: Pushing log, tiger mouth hand strike, Palm target side punch, inner forearm double outside block
- Kicks: Jump turning whip kick, 180 degree Tornado roundhouse kick initiated by a roundhouse kick, a fast kick, and a turning back side kick.
Initiated by 180 degree tornado roundhouse kick, perform a roundhouse kick, turning back side kick, front leg drop kick, a 180 degree tornado roundhouse kick and a double round air kick.

Form

- Koryo

Self-Defense Week

One step self-defense

- 1-6 techniques

Self-Defense

- Floor exercises (front fall, side fall, back fall, front roll)

Leadership and Power Training Week

Basic Physical Training

- Push ups, Sit ups and long distance running

Breaking

Create your own (three station maximum)

- Power
- Speed
- Jump

Leadership & Responsibilities:

- 1) 26 leadership classes required
- 2) Must form a eleven member organization (one of each ranking, must include one non-member)
 - Motivate and Guide them in Taekwondo for two months (one month before and after final exam)
 - In addition, all members need to attend testing and Candle Light Ceremonies.

Knowledge

- Know all knowledge requirements on the back of attendance card.
- TKD etiquette and leadership

Testing Requirements

Basics & Forms

Tornado roundhouse kick & jump whip kick
10 Step #1 and #2
8 Tae Geuk Forms
Koryo Poomse

Self-Defense

White Belt
1-5 techniques
All Color Belts:
1-6 techniques
Ho Sin Sool 1-15

Physical Training

Sit-ups, Push-ups and long distance running

Breaking

3 stations (create your own)

Leadership

26 classes
Form an 11 member team

Knowledge

History of Taekwondo
Significance of Koryo Poomse

Sparring

Full safety gear
Sparring 2 opponents

Safety Gear Week

Sparring

- Theory: Basic understanding of counter attacking theory
 - Systematic fighting like the game of Rock, Paper & Scissors
 - Time & space/striking & recovery phases
 - Counter attack is the technique to take advantage of opponent's weak, empty & invulnerable side and movements
- Practical: Friendly contact with full safety gear

Drill

Combination:

- Fast kick & Roundhouse kick & 180 tornado roundhouse kick

Drill

- Footwork & kicks (w or w/o target, w/ or w/o partner)

Review and Others Week

- Review all topics above.

Pre-exam

- Requires a total of three (3) pre-exams (see exam chart)

Deputy Black Belt (Bo Dan) Study Guide

History Of Taekwondo

- All animals as well as human beings have strong instincts to protect themselves, so the origin of Taekwondo goes back to the early days of human existence on earth. We do not have any historical evidence in the early human days. However, the oldest records in Taekwondo we can find are in the royal tombs in Koguryo dynasty in 37 BC. They are the paintings, which show some of the Taekwondo postures. So Taekwondo is called the 2000 year old ancient Korean martial art.

- Here is some historical evidence of Taekwondo:
 - Koguryo Dynasty (37 B.C. – 668) Mural paintings show Taekwondo Postures in his period.

 - Silla Dynasty (16 B.C. – 935) Hwarang Do “youth organization” was created during the king Jin Heung

 - (540 – 576) Taekwondo was their main subject. Keumkang Yeok Sa “stone engravings’ show Taekwondo postures.

 - Baekjae (16 B.C. – 660) Written Taekwondo song was found in the kingdom. (It is still handed down).

 - Koryo (918 – 1392) Special military general was chosen from from Taekwondo practitioners.

 - Yi (Lee) Dynasty (1392 – 1910) Mooye Dobo Tongjee- The first martial arts arts textbook (1790). Handed down Taekwondo through Koguryo, Silla, Baekjae, and Koryo. It was deeply rooted in the Yi Dynasty era and and scientifically systemized.

 - Japanese Rule (1910-1945) Korea was colonized by Japan. No Korean martial arts were allowed to be practiced.

 - 1945 Korea liberated from Japan in 1945. People began to practice Korean martial arts again.

 - 1955 The birth of the name Taekwondo

 - In the 1970s The birth of sports Taekwondo

History of Taekwondo – Continued

- In the mid 1970s Started attracting younger ages in Dojangs
- In the early 1980s The Olympic movement started.
Universities in Korea started offering Taekwondo as one of the fields to major.
- 2000 Taekwondo became an official Olympic sport.
- Taekwondo has now become the most respected national sport of Korea. It is practiced in over 130 countries. In 1980 it was accepted in the summer Olympic games and today it is the universal art of self-defense and a modern world sport.

Koryo Poomse

- Name derived from the kingdom named “**Koryeo**” about one thousand years ago in the Korean Peninsula, this poomse symbolized the high spirited Koryeo people and moderation in action. (30 pooms)

Pre-Exams (3)

White/Yellow Pre-Exam Requirements	Green/Blue Pre-Exam Requirements	Red/Black Pre-Exam Requirements
<p>Forms 10 Steps #1 & #2 Tae Geuk IL Jhang Tae Geuk EE Jhang</p> <p>Self Defense White Belt 1-5 techniques Yellow Belt 1-6 techniques Ho Sin Sool 1-6</p> <p>Sparring White Belt through High Yellow Belt Combinations</p>	<p>Forms Tae Geuk Sahm Jhang Tae Geuk Oh Jhang Tae Geuk Yuk Jhang</p> <p>Self Defense Green Belt 1-6 techniques Blue Belt 1-6 techniques Ho Sin Sool 7-12</p> <p>Sparring Green Belt through High Blue Belt Combinations</p>	<p>Forms Tae Geuk Chil Jhang Tae Geuk Pahl Jhang Koryo Poomse</p> <p>Self Defense Red Belt 1-6 techniques Deputy Black Belt 1-6 techniques Ho Sin Sool 13-15</p> <p>Sparring Red Belt through Deputy Belt Combinations</p>

Combinations

Sparring combinations are a versatile way of learning to combine different techniques for offense and defensive countering. Each technique has a variety of applications and can be practiced using a variety of drills, including partner drills, footwork drills, and target drills. The combinations are written using two types of connecting symbols. They are:

+	Perform the connected techniques smoothly, without pausing
&	Use a short pause to time your opponent's reaction and score the point

There are also three types of applications that may be associated with the techniques. They are:

Normal (No directions)	Perform the technique offensively
Counter (Against...)	Perform the technique defensively, reacting to your opponent
Trapping	Use a fake or initiating step to draw a reaction from your opponent

Many combinations can be practiced with more than one type of timing (connecting the techniques) and can be used in more than one of the three applications. For example, the Green Belt combination can be performed with different timing depending on the application:

Cut step (front or rear) + Turning whip kick	Cut step closes the distance to your opponent and Turning whip kick is performed immediately
Cut step (front or rear) & Turning whip kick	Cut step initiates a trap for your opponent and Turning whip kick is performed after a slight pause to wait for your opponent's reaction

The two options are indicated in the combination by the “|” symbol, meaning “or”; such as, Cut step (front or rear) +/& Turning whip kick. If more than two techniques are put together with “+/&”, then there should only be one pause in the combination and the other techniques should flow smoothly.

White Belt Combinations

- Footwork (Single and Double switches, Single step forward/backward)

High White Belt Combinations:

1. Roundhouse kick (mid section) + Roundhouse kick (high)
2. Roundhouse Kick (mid section) + Drop kick
3. Roundhouse Kick (mid section) + Back/front punch

Yellow Belt Combination:

- Front leg cut +/ & Single step forward + Turning back kick

High Yellow Belt Combination:

- Fast step or Roundhouse kick + Turning back + Roundhouse kick

Green Belt Combination:

- Cut step (front or rear) +/ & Turning whip kick (Trapping style)

High Green Belt Combination:

- Fast kick +/ & Single switch +/ & Turning whip kick

Blue Belt Combination:

- Roundhouse or fast kick +/ & 180 degree Tornado roundhouse kick

High Blue Belt Combination:

- Turning whip kick +/ & Turning whip kick

Red Belt Combinations:

1. Counter back kick (stationary position)
Against: Running step, Fast kick, Roundhouse kick, One step in, Front leg drop kick, Front leg cut, Combination (Front cut + Roundhouse kick)
2. Counter back kick drill (Trapping style):
Set up opponent to take one step back & counter at open stance:
Take one full step in and lead opponent to react above way, then same footstep back to be lined w/ the other foot and execute the Back kick.

High Red Belt Combinations:

Footwork

- Shuffling forward + Shuffling backward + One step forward
- Cut step + One step in + Shuffling backward
- Running step + Shuffling back + Reverse turning step Kicking
- Double kick
- Shuffling step back + Double kick (Against fast kick attack at close distance)

Deputy Black Belt Combination:

- Fast kick +/ & Roundhouse kick +/ & 180 degree Tornado roundhouse kick