



WHITE Belt Curriculum (Focus Team)

1. TRADITIONAL MOVEMENT

- Attention Stance
- Chumbi Stance
- Fighting Stance (hands up)
- Horse Stance, Middle Punch
- Forward Stance
 - Down Block
 - Middle Block
 - Upper Block
 - Reverse Punch
- Back Stance
 - Middle Knife Hand
 - Middle Knife Moving Forward
 - Middle Knife Retreating

Traditional Movement testing

2. SELF DEFENSE

Level 1: Escape

- Straight Arm Wrist Grab
- Cross Arm Wrist Grab
- Verbal Command

Self Defense testing

3. HAND TECHNIQUES

- Back Fist
- Reverse Punch

Hand Testing

4. KICKING TECHNIQUES

- Front Kick
 - Front Leg
 - Rear Leg
- Round Kick
 - Front Leg
 - Rear Leg
- Side Kick
 - Front Leg
 - Rear Leg
- Crescent Kick
 - Rear Leg

Kick testing



GOLD Belt Curriculum (Focus Team)

1. TRADITIONAL MOVEMENT

- Back Stance
 - Outside-In Middle Block, Closed Fist

Forms

- Pal-Gwe #1

Traditional Movement testing

2. SELF DEFENSE

Level 1: Escape

- Collar Grabs
- Front Shoulder Grab

Self Defense testing

3. HAND TECHNIQUES

- Back Fist
 - Stationary
 - Lunging
 - Retreating
- Reverse Punch
 - Stationary
 - Lunging
 - Stepping
- Ridge Hand
 - Front Hand
 - Rear Hand
- Palm Strike
 - Front Hand
 - Rear Hand

Hand Testing

4. KICKING TECHNIQUES

- Front
- Round
- Side
- Crescent
- *New Techniques*
 - Double Round, Front/Back
 - Skipping Side Kick
 - Skipping Front Kick
 - Turning Back Kick

Kick testing

5. COMBINATIONS

- Front Leg Double Round Kick — Double Punch — Rear Leg Front Kick
- Back Fist — Skipping Side Kick — Back Fist — Turn Back Kick

Combo Testing



ORANGE Belt Curriculum (Focus Team)

1. TRADITIONAL MOVEMENT

- Back Stance
 - Low Knife Hand
 - Low Block, Closed Fist
 - Inside-Out Middle Block

Forms

- Pal-Gwe #2

Traditional Movement testing

2. SELF DEFENSE

Level 1: Escape

- Rear Shoulder Grab
- Parry with Footwork

Self Defense testing

3. HAND TECHNIQUES

- Step Side Double Punch
- Lunging Double Punch
- Stationary Spinning Back Fist
- Ridge Hand
 - Lunging
 - Retreating
- Jab
 - Stationary
 - Lunging

Hand Testing

4. KICKING TECHNIQUES

- Front
- Round
- Side
- Crescent
- *New Techniques*
 - Hook Kick (Front, Back)
 - Front, Round Kick (Front, Back)
 - Spinning Crescent Kick
 - Switching Front Kick
 - Skipping Hook Kick
 - Skipping Round Kick

Kick testing

5. COMBINATIONS

- Skipping Hook Kick – Back Fist – Turn Back Kick – Back Fist
- Side Step Double Punch – Rear Leg Round Kick

Combo Testing



GREEN Belt Curriculum (Spirit Team)

1. TRADITIONAL MOVEMENT

- Forward Stance
 - High Punch
- Retreating Back Stance Inside-Out Middle Block

Forms

- Pal-Gwe #3

Traditional Movement Testing

2. SELF DEFENSE

Level 1: Escape

- Two-Hand Wrist Grab
- Catch-Lift-Slap Drill
- Parry-Lift-Slap Drill
- Headlock

Self Defense Testing

3. HAND TECHNIQUES

- Lead Hook
- Rear Hook
- Side Step Double Punch – Double Ridge Hand
- Back Fist – Step Turning Back Fist – Reverse Punch

Hand Testing

4. KICKING TECHNIQUES

- Triple Round Kick, Front/Rear Leg
- Front – Double Round Kick, Front/Rear Leg
- Hook-Round Kick, Front/Rear Leg
- Turn Hook Kick
- Lunging Kicks
 - Lunging Front Kick
 - Lunging Side Kick
 - Lunging Hook Kick
 - Lunging Round Kick
 - Lunging Turn Back Kick
- Jump Kicks
 - Jump Turn Back Kick
 - Jump Front Kick
 - Jump Round Kick
 - Jump Spin Crescent Kick
- Pad Kicking
 - Defensive Side Kick
 - Lunging Turn Back Kick
 - Lunging Front Kick

Kick Testing

5. COMBINATIONS

- Rear Leg Front Double Round Kick – Jump Spin Crescent – Rear Leg Round Kick – Reverse Punch
- Back Fist – Stepping Ridge Hand – Spin Crescent
- Back Fist – Turn Hook Round Kick – Back Fist – Reverse Punch

Combo Testing



PURPLE Belt Curriculum (Spirit Team)

1. TRADITIONAL MOVEMENT

- Forward Stance
 - Supported Spear Hand
- Back Stance
 - C-Block (Inside-Out Middle Block – Upper Block)

Forms

- Pal-Gwe #4

Traditional Movement testing

2. SELF DEFENSE

Level 1: Escape & Follow Up

- Front Choke
- Rear Choke
- Catch-Lift-Slap Drill
- Parry-Lift-Slap-Drill
- Focus Mitt Drills – Jab Cross Hook

Self Defense testing

3. HAND TECHNIQUES

- Uppercut
- Hammer Fist
 - Stationary
 - Spinning
- Reverse Punch – Ridge Hand – Reverse Punch
- Jab-Cross – Hook
- Stepping Back Fist – Reverse Punch – Back Fist
- Step Turn Back Fist – Reverse Punch – Back Fist
- Spear Hand
 - Stationary
 - Stepping

Hand Testing

4. KICKING TECHNIQUES

- Jump Hook
- Flying Kicks
 - Flying Front Kick
 - Flying Round Kick
- Rear Leg Front – Hook – Round Kick
- Front Leg Round – Hook – Round Kick
- Turn Hook – Round Kick
- Switching Jump Turn Back Kick
- Spinning Kicks
 - Spinning Round House
 - Spinning Hook Kick
- Tornado Kick (Spin Round – Spin Crescent)
- *New Techniques*
 - Ax Kick – Front/Rear Leg
- Pad Kicking
 - Jump Turn Back Kick
 - Switching Jump Turn Back Kick
 - Defensive Jump Turn Back Kick
 - Rear Leg Side Kick

Kick testing

5. COMBINATIONS

- Rear Leg Round – Hook – Round – Tornado Kick – Reverse Punch
- Back Fist – Stepping Back Fist – Jump Spin Crescent – Back Fist – Rear Hand Ridge Hand
- Side – Hook – Round – Side – Jump Turn Back Kick – Jump Front Leg Hook Kick – Double Punch

Combo Testing



BLUE Belt Curriculum (Spirit Team)

1. TRADITIONAL MOVEMENT

- Forward Stance
 - Scissor Block (Down Block – Inside-Out Middle Block)
 - Augmented Inside-Out Middle Block
- Cat Stance

Forms

- Pal-Gwe #5
- Pal-Gwe #6

Traditional Movement testing

2. SELF DEFENSE

Level 2: Escape & Follow Up

- Bear Hug
- Basic Ground Control
- Focus Mitts

Sparring

Self Defense testing

3. HAND TECHNIQUES

- Double Punch – Front Hand Ridge Hand
- Jump Spinning Back Fist – Reverse Punch
- Flying Reverse Punch

Hand Testing

4. KICKING TECHNIQUES

- Front Leg Side – Hook – Round Kick
- Turn Back Kick – Hook – Round Kick
- Front Leg Jumping Hook – Round Kick
- Flying Spin Crescent Kick
- Retreating Side Kick
- Retreating Spin Crescent Kick
- Flying Side Kick
- Pad Kicking
 - Defensive Jump Back Kick
 - Rear Leg Jump Round Kick
 - Flying Back Kick

Kick testing

5. COMBINATIONS

- Double Punch – Front Hand Ridge Hand – Jump Spin Crescent
- Rear Leg Front – Double Round – Tornado Kick – Spin Crescent – Back Fist – Reverse Punch
- Front Leg Side – Hook – Round Kick – Rear Leg Side – Hook – Round Kick

Combo Testing



RED Belt Curriculum (Power Team)

1. TRADITIONAL MOVEMENT

Forms

- Pal-Gwe #7
- Koryo

Traditional Movement testing

2. SELF DEFENSE

Level 2: Escape & Follow Up

- Focus Mitts
- Elbow Strikes (all angles)
 - Stepping
 - Lunging

Sparring

Self Defense testing

3. HAND TECHNIQUES

- Stepping Back Fist – Jump Spin
Back Fist – Reverse Punch
- Double Punch – Ridge Hand –
Palm Strike

Hand Testing

4. KICKING TECHNIQUES

- Flying Turning Kicks
 - Back Kick
- Flying Spinning Kicks
 - Crescent Kicks
- Retreating Kicks
 - Retreating Front Kick
 - Retreating Side Kick
 - Retreating Crescent Kick
- Pad Kicking
 - Jumping Rear Leg Round Kick
 - Flying Round Kick
 - Offensive Jump Back Kick
 - Defensive Jump Back Kick
 - Flying Back Kick
 - Retreating Side Kick

Kick testing

5. COMBINATIONS

- Front Leg Side – Hook – Round – Front Kick – Back Leg Round Kick –
Spin Crescent – Reverse Punch
- Flying Spin Crescent – Tornado Kick – Back Leg Side Kick – Back Fist – Reverse Punch
- Jump Spin Hook – Jump Spin Hook

Combo Testing



BROWN Belt Curriculum (Power Team)

1. TRADITIONAL MOVEMENT

Forms

- Pal-Gwe #8
- Kwan-Gwe
- Personal Form (36 steps minimum)

Traditional Movement testing

2. SELF DEFENSE

Level 2: Escape & Follow Up

- Focus Mitts

Sparring

Written Requirements

Self Defense testing

MODES OF MOVEMENT

Front/Rear | Doubles, Triples and Quads | Stepping | Turning | Spinning | Jumping | Flying
Retreating | Skipping | Lunging | Switching | Defensive | Offensive | Kick and Punch Combinations

3. HAND TECHNIQUES

Using All Modes of Movement:

- Jab
- Reverse Punch
- Hook Punch
- Back Fist
- Hammer Fist
- Uppercut
- Palm Strike
- Spear/Supported Spear Hand
- Middle Knife
- Low Knife
- Upper Block
- Outside-In Middle Block
- Inside-Out Middle Block
- Down Block

Hand Testing

4. KICKING TECHNIQUES

Using All Modes of Movement:

- Front Kick
- Round Kick
- Side Kick
- Crescent Kick
- Hook Kick
- Back Kick
- Ax Kick
- Front, Round, Side, Hook Kicks – Slow (Balance)

Kick testing

5. COMBINATIONS

- Ability to flow through a series of techniques

Combo Testing