Welcome to Collierville Taekwondo

What have I signed up for?
We are teaching the traditional Korean martial art called Taekwondo, both traditional and sport forms. More importantly, this is a WTF school, i.e. the World Taekwondo Federation. The WTF is the largest federation in the world and growing. It is the only federation allowed to participate in the Olympic Games.

You have enrolled in a school with an established curriculum and highly ranked, seasoned instructors. Unlike most sports or gym memberships, this is a serious educational process, very much like earning a 4-year college degree. Your long term goal is Black Belt. Your short term goal is the next rank or color belt in succession. The curriculum will focus you and prepare you for each rank promotion, step-by-step towards the black belt. You will be tested every 2 to 3 months for a new belt.

What are the benefits?
Taekwondo has many benefits—mental and physical. Mentally we are teaching focus, positive attitude, respect, discipline, manners, confidence, perseverance and self-control. Physically we are helping you improve your flexibility, balance, speed, coordination and endurance as well as self-defense.

What is the order of the ranks(belts) up to Black Belt?
1. White 10. Red
2. Yellow 11. Red II
3. Orange 12. Red/Black
5. Purple 14. Recommended Black Belt
6. Blue 15. Recommended Black Belt I
7. Blue II 16. Recommended Black Belt II
8. Brown 17. Recommended Black Belt III
9. Brown II 18. 1st Degree Black Belt

How long does it take to achieve Black Belt?
With consistent training and very few breaks, you could earn your 1st degree black belt in 3 years. Most people take 3 ½ to 4 years as this an educational process, not a race.

Will my Black Belt be accredited and recognized?
Yes! We are a fully accredited school under the sanction of The Kukkiwon, which is headquarters of the World Taekwondo Federation based in Seoul, Korea. Upon achieving your black belt you will receive a WTF certificate of accreditation that comes from The Kukkiwon as well as a laminated ID card. Your name and rank will go into their data base. No one can ever deny your rank or take this achievement away from you. It will be honored by any Kukkiwon sanctioned school in the world.

Now you can begin your journey to black belt and experience the benefits of the martial arts without any concerns about your path and the quality of its design and instruction. We will do everything in our power to help you along the way, and we hope you overcome the odds and achieve what most people cannot—Black Belt.
History of Taekwondo

Taekwondo is a distinctly Korean art with a long and interesting history. Taekwondo began more than 2000 years ago, around 50 B.C. This is documented by murals found on the walls of an ancient royal tomb in Korea called the Muyong-Chong. The murals depicted people practicing Taekwondo stances, blocks and punches. In those times, secret military forces used Taekwondo. Evidence shows that since its inception, Taekwondo was practiced both as a sport and as a way of self-defense.

In ancient times, Korea was divided into three Kingdoms: Silla, Koguryu and Baekche. Taekwondo first began in the Koguryo kingdom. However, Silla unified the kingdoms and was most influential in the advancement of the art. King Jin Heung established a military, educational and social organization called the Hwa Rang Do. The Hwa Rang Do consisted of youths of noble families devoted to cultivating mind and body in order to better serve Silla. The martial spirit represented by the Hwa Rang Do became the root of Silla's nation 66l? morality and strength. They followed a code of honor comprised of rigid loyalty to the nation, respect and obedience to their parents, unswerving loyalty to friends, courage in battle, and prudence on the use of force. This code of honor remains the philosophical backbone of the Korean Martial Arts even to this day! In addition to advocating the study of unarmed combat as a part of physical military training, the Hwa Rang Do also recommended it as a recreational activity.

During the Koryo dynasty (935AD—1392AD), the study of unarmed combat, then known as Soobak, reached its greatest early popularity. The study of Soobak was supported by the royal family and those skilled in the art were often favorably considered for promotion in the military or civil service. From the end of this kingdom to around the twentieth century, unarmed combat experienced a decline as Confucian ideas became more popular. Confucian thinking stated only "inferior men" engaged in strenuous activities such as the martial arts.

In 1909 Japan conquered Korea and forbade the practice of martial arts. However, martial arts went underground and was practiced secretly throughout the country. When liberated in 1945, the popularity of Taekwondo, then known as Tae Kyon, exploded into the open. However, because of the Tae Kyon had been practiced secretly for so long by hundreds of small groups, many different styles had developed. In the early 1960’s, after years of discussion, most instructors were able to agree on a unified style called Taekwondo.

Today, people all over the world are discovering the benefits of Taekwondo training. It is recognized as the most popular martial art in the world. Taekwondo has been an Olympic demonstration sport since 1988 and began as an official event in the 2000 Olympics. It is the World Taekwondo Federation that has been mainly responsible for the growth of the martial art and continues to be the primary source of its education and leadership. Headquarters of the WTF are located in Seoul, Korea at The Kukkiwon, which means “The Institute for a National Sport.”
Philosophy of Taekwondo

*TAE KWON DO* means “two feet, two hands, one mind” martial art. From Taekwondo’s ancient beginnings to the modern day, Its purpose has remained unchanged—To serve as a way of physical and mental training which will forge a healthy body and a clear mind. Hence, it is a system of both self-defense and exercise. The practice of Taekwondo improves characteristics such as strength, speed, coordination, flexibility, power and balance. These attributes relate to the body. Taekwondo enhances mental and spiritual qualities by teaching discipline, confidence, respect, patience, manners, concentration, attitude, and self-control. All these attributes are related to the mind. To be a complete Martial Artist one must possess the ability to control the mind and the body as one.

Student Oath

SIR, I shall observe the tenets of Taekwondo.

I shall respect my instructors and seniors.

I shall never misuse Taekwondo.

I shall be a champion of freedom and justice.

I shall build a more peaceful world, SIR.

5 Tenants of Taekwondo

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

Attendance Policy
The best way for you to achieve the benefits of Taekwondo is to attend class consistently. Coming to class two or three time each week should allow you to see the progress and results that you desire. In order for us to help you achieve the benefits you are looking for we have an attendance and progress card system. 16 Classes and two months of training are required in order to test for your next rank.

Restrooms
There are separate men and women's changing rooms. The restrooms are located at the back of the school.

Holiday Schedule
We are closed most federal and national holidays. There is an announcement board on the wall that lists all closing and schedule changes at least two weeks prior to the event. Please call or email the school if you ever have a question regarding whether or not we will be open.

Belt Promotions
All students must wear their uniform tops and not their T-shirts. Remember to turn your testing applications in at least 2 days before your test day. Make sure to show up 15-30 minutes before your test time.

GOOD LUCK TO EVERYONE AND REMEMBER TO DO YOUR BEST!

Dress Code
Please wear a clean and neat, school issued uniform for every class. You may wear a school T-shirt in place of your traditional uniform top. Testing days require full traditional Uniforms. Uniforms and safety gear pads should be washed regularly. Belts should not be washed. For safety reasons, no jewelry or chewing gum will be allowed in class.
Respect for Uniforms and Belts
The Taekwondo uniform is to be worn with pride. Students should make a great effort to wear their DOBOK only for classes and demonstrations. Uniforms should always be clean and wrinkle free for each class. Belts are not to be washed.

Respect for Ongoing classes
We welcome your family members and guests. However, because it is our goal to provide the absolute best individual instruction on the training mat, we ask for "library-like" conditions in the front lobby, and lowered voice when you are waiting for your class to start. Do not block the DOJANG door when students exit the room.

Respect for School Property
A Taekwondo school is shared by its members. Hence, the condition of the classroom, locker room, training equipment and restrooms should represent the pride we take in our art and quality of our school. While our school is cleaned regularly, all members are asked to avoid any unnecessary messes or damage.

Progress Card
At the beginning of the class find your progress card in the card rack and present it to an available instructor. This the record of your attendance and progress. In order to test for the next rank, you must have all your stars and stripes and attendance holes punched.

Stripe Review
30 days after your rank test we will do a stripe review (progress check) to make sure you are on your way, progress wise and attendance wise, to achieving your next rank. You will receive a white stripe for attendance (8 classes) and a colored stripe of your next belt color for progress on your assigned techniques. The week before the test we will do another stripe review to make sure you have the required attendance (16 classes) and have completed your assigned techniques. You will be given a black stripe which confirms you are ready for the upcoming test.

Membership Cancellation
Membership Cancellation requires 30 days written notice and a brief meeting with the management explaining the reason for cancellation. Examples of reasonable cancellations are moving 20 miles or more away from the school, physically unable to continue your training, and financial concerns. It is in your best interest to communicate with us as we are reasonable people who will help you resolve this matter.
School Etiquette

Bow each time you enter or exit the practice area to show respect for your instructor and fellow students.

Address your instructors and all black belts as sir or ma’am…. answer all questions with "Yes, Sir", "Yes, Ma’am", "No, Sir", "No, Ma’am".

When training during the class always walk behind fellow students never crossing in front of them out respect if at all possible.

Pay very close attention in every class and focus your attention and concentration as directed by your instructor

Please find your progress card in the card holder and present it to any instructor before the class begins.

Trim all toenails and fingernails to insure safety in your partner drills; wear a clean uniform on a clean body as a courtesy to the other students.

Bring your sparring equipment only on designated sparring days and put your name on every piece.

All students will conduct themselves in a respectable manner outside of the school to protect themselves, their family, or the weak.

No jewelry or chewing gum will be allowed in class.

No profanity is allowed around the school, whether in training or not.

No one will enter the school under the influence of alcohol or drugs.

Do not place your belt, that you've spent so much energy earning on the floor and ground. Your belt represents the respect that you've earned.

Black Belt

"Signifies maturity and proficiency in Taekwondo"

The dawn of a new day. The sun breaks through the darkness. The previous day has ended giving way to a new dawn. The student must begin a new phase of training, that of being a black belt.
Bowing and Its Purpose

Bowing is the form of body language in Korea. A bow can be used to say "hello", "good-bye", "thank you", or "your welcome". Bowing is also a way of showing courtesy and acceptance. When two people bow to each other they are showing mutual respect.

Traditionally, Taekwondo students demonstrate respect by bowing to the flags before entering or leaving the training floor, to the instructors, to senior belts at the beginning and end of class and to a partner before and after each interaction.

It is a part of Taekwondo to bow whenever and wherever you see each other. Overtime, you will find that bowing has become a natural form of expressing the special relationship you have with your fellow Taekwondo instructor, student, and partner.

How to Bow

1. The student stands at attention, head up, shoulders down, back straight, relaxed.
2. Both feet are together, the heels are touching, and the toes are pointing straight
3. The hands should be held straight at the sides of the body.
4. Bend the head down to 45 degree angle and bend deeply at the waist.
5. When bowing, one’s eyes look downward.

Bowing is like a handshake, a shared expression.

Students learn that to earn respect and to give respect are very much the same thing.

An old saying: "When in doubt, bow!"
Sparring Drills

**White Belt Set**
Jab, Front Leg Front Snap Kick, Jab/Punch

**Yellow Belt Set**
Jab, Front Leg Round House Kick, Jab/Punch

**Orange Belt Set**
Jab, Front leg Side Kick, Jab/Punch

**Green Belt Set**
Jab, Back leg half Round House kick, Jab/Punch

**Purple Belt Set**
Jab, Back leg Front Kick & Side kick, Jab/Punch

**Blue Belt Set**
Jab, Back Leg Half Round House Kick/Skipping Round House Kick, Jab/punch

**Brown Belt Set**
Jab, Back leg Half Round Kick/Axe kick, Jab/punch

**Red Set**
Jab, Bag leg Half Round Kick/Back Thrust kick, Jab/punch

**Red/Black Set**
Jab, Back leg Half Round House Kick/Spinning Hook kick/Jab/punch
Self Defense
Beginner

White Belt

1. Same-Side Wrist Grip Escape
2. Cross Wrist Grip Escape

Yellow Belt

3. Same-Side Wrist Grip Escape with Knife-hand Strike
4. Cross Wrist Grip Escape with Knife-hand Strike

Orange Belt

5. Same-Side Wrist Grip into an Arm Bar (Move your hand from inside to out in a circular fashion. With your free hand grab the opponent’s wrist with your free hand. Then with the arm you released press against your opponent’s elbow with your elbow.)

6. Same-Side Wrist Grip into a Wrist Lock (Move your hand from outside to in in a circular fashion until your hand is 180 degrees from where it was originally. Using your free hand grab the opponent’s wrist as deeply as possible and pull your wrist out of their grip. After that, with the escaped wrist, press down on the opponent’s knuckles.)

Green Belt

7. Cross Wrist Grip into a Shoulder Lock (When you are in a cross grip, grab the opponent’s wrist with your free hand. Pull your hand slightly pull towards yourself. Then if they resist by pulling back, then step forward and by lifting their arm and go under it get to their back and put them into a shoulder lock.)

8. Adding to #7, you put the opponent into a guillotine choke and kick Behind their knee in order to make them fall.
Self Defense
Intermediate and Advanced

Purple Belt

9. Double Wrist Grip Escape (With one of your hands, quickly grab the opponent’s wrist freeing your other hand, Then with your free arm snap it against you opponent’s elbow.)

10. Cross Grip into a Chicken Wing (Grab your opponent’s wrist with both of your hands. Move your outside foot in and lift up the arm that you’re holding and go under it and pull it.)

Blue Belt

11. Upper Double Grip Escape with Fingertip Strike (Targeting Eyes) and Front Snap Kick (To the Groin)

12. Upper Double Grip Escape with Fingertip Strike (Targeting Throat) and Front Snap Kick (To the Groin)

Brown Belt

13. Major Outer Reaping Throw
14. Major Hip Throw
15. One-Arm Shoulder Throw

Red Belt

16. Blocking against a High-Section Punch and countering with Major Outer Reaping Throw

17. Blocking against a High-Section Punch and countering with Major Hip Throw

Red/Black Belt

18. Counter against Someone Grabbing you from Behind #1: Squat and spread your arms and legs out. Then grab and pull their leg between your legs in order for them to fall. Then execute a heel kick to their groin.

19. Counter against Someone Grabbing you from Behind #2: Squat and stretch your right leg out slightly; then execute a One-Arm Shoulder Throw.
# Korean Terminology

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<th>School Do Jang</th>
<th>Breaking Kyuk Pah</th>
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<td>Belt Dee</td>
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<td>Master Instructor Sah Bum Nim</td>
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<td>Grand Master Instructor Kwan Jang Nim</td>
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<td>Sparring Kyoroogi</td>
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<td>Self Defense Ho Shin Sool</td>
<td>Jump Dwe Uh</td>
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<td>Attention Cha Ryut</td>
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<td>Begin Si Chak</td>
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<tr>
<td>At Ease She Uh</td>
<td>Thank You Gahm Sah Hahm Ni Da</td>
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<tr>
<td>Switch Feet Bal Bah Gwuh</td>
<td>How Are You? Ahn Yeong Ha Shim Nika</td>
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<td></td>
<td>Hello Ahn Yeong Ha Sae Oh</td>
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## Strikes

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<td>Back Fist Deung Joo Mok</td>
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<tr>
<td>Low Punch Arae Jee Roogi</td>
<td>Hammer Fist Mae Joo Mok</td>
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<tr>
<td>High Punch Ul Gool Jee Roogi</td>
<td>Tiger Mouth Strike Ah Gum Sohn (Black Belts only)</td>
</tr>
<tr>
<td>Spear Finger Thrust Soon Goot Jee Roogi</td>
<td>Palm Heel Strike Ba Tang Sohn Chee Gi (Black Belts Only)</td>
</tr>
<tr>
<td>Knife Hand Strike Sohn Naal Chee Gi</td>
<td>Knife hand High Block With Reverse Knife hand Strike Jebi Poem Mok Chee Gi</td>
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<tr>
<td>Palm Heel Strike Bah Tang Sohn Chee Gi</td>
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## Stances

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<tr>
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<tr>
<td>Ready Stance Joon Bee</td>
<td>Cross Stance Koh ah Sugi</td>
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<tr>
<td>Walking Stance Ap sugi</td>
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<tr>
<td>Front Stance Ap cubi</td>
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<td>Pushing Hands Ready stance Tongmilgi Joon Bee</td>
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## Kicks

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<tr>
<td>Front Snap Kick Ap Chagi</td>
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<td>Front Hook kick Ap Bal Dwe Dol Yuh Chagi</td>
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<tr>
<td>Crescent Kick Bahn Dal Chagi</td>
<td>Axe Kick Nae Ree uh Chagi</td>
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<tr>
<td>Round House Kick Dol Yuh Chagi</td>
<td>Jumping Front Snap Kick Dwi Uh Chagi</td>
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## Blocks

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<tr>
<th>Low Block Ah Rae Makgi</th>
<th>Single Mountain Block Weh Sanh Teul</th>
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<tr>
<td>Middle Block Mome Tong Makgi</td>
<td>Single Knife Hand Middle Block Hahn Sohn Naal Mome Tong Makgi</td>
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<tr>
<td>High Block Ul Gool Makgi</td>
<td>Double Knife Hand Middle Block Doo Sohn Naal Mome Tong Makgi</td>
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<tr>
<td>Wedge Block Hetchuh Makgi</td>
<td>X Block Uh Guh Uh Makgi</td>
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<tr>
<td>Scissor Block Kah Wee Makgi</td>
<td>Mountain Block San Teul Makgi (Black Belt Only)</td>
</tr>
<tr>
<td>Palm Block Ba Tang Sohn Makgi</td>
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SPECIFIC PROMOTION REQUIREMENTS

White Belt - Minimum 16 Classes with a 2 month Duration

*Ki-Cho – Beginner form*

Meaning of *Ki Cho*: Foundation

Demonstrate
- Attention; At-Ease;
- Ready; As you were

Chambers/Blocks
- Low Block; High Block

 Strikes
- Jab; Punch

Stances
- Horse Back; Forward; Kicking; Ready

Kicks/Foot Work
- Front Stretch Kick, Front Snap Kick; Roundhouse Kick;
  - Scissor run;

Ki-Cho Poomsae
- Moves 1-16

Sparring Set
- Jab, Front Leg Front Snap Kick, Jab Then Punch

Self-Defense
- Numbers 1 & 2

**Memorize and be able to recite these below:**
- Pledge of Allegiance
- *Charyot* (Attention)
- *Kyung-Yae* (Bow)
- *Joonbi* (Ready Stance)
- Why do we Bow? (To show respect)
- Which country did Taekwondo originate from? (Korea)
Yellow Belt - Minimum 16 Classes with a 2 month Duration

*Taegeuk 1 (IL) Jang*

*Keon* - Symbolizes heaven: the spirit of solid foundation

Chambers/Blocks/ Strikes
- Reverse Middle Block
- Combination High Block then Reverse Middle Punch
- Combination Low Block then Reverse Middle Punch

Stances
- Forward; Walking

Kicks
- Skipping Roundhouse
- Skipping Side Kick
- Jumping Front Snap Kick

Taegeuk Form 1 (IL) Jang
- Moves 1-18

Sparring Set
- Jab, Front Leg Round House Kick, Jab Then Punch

Self-Defense
- Numbers 3 & 4

Board Break
- Hammer Fist (not required for promotion)

**Memorize and be able to recite these terms below:**

- Front Stance (*Ap Cubi*)
- Walking Stance (*Ap Sugi*)
- Block (*Mahki*)
- Kick (*Chagi*)
- Korean (Numbers1-10)
- Student Oath
- Tenets Of Taekwondo
Taegeuk Form 1 – IL Jang

ACTUAL PATTERN SHAPE OF TAEGEUK FORMS
Orange Belt - Minimum 16 Classes with a 2 month Duration

**Taegeuk 2 (Ee) Jang:**

*Tae* - Symbolizes River: inner strength and external.

**Chambers/Blocks/ Strikes**

- Combination High Block Then Reverses High Punch
- Combination Reverse Middle Block Then Middle Punch
- Combination Low Block Then Reverse High Punch

**Stances**

- Forward
- Walking

**Kicks & Combination Kicks**

- Axe Kick
- Combination Front Snap Kick, Then Roundhouse Kick

**Taegeuk 2 (Ee) Jang**

- Moves 1-23

**Sparring Set**

- Jab, Front Leg Side Kick, Jab and Punch

**Self Defense**

- Numbers 5 & 6

**Board Break**

- Skipping Side Kick (Not Required for Promotion)

**Memorize and be able to recite these terms below:**

- Walking Stance (*Ap Sugi*)
- Front Snap Kick (*Ap Chagi*)
- Axe Kick (*Nae Ruh Chaggii*)
- High Block (*Uhl Gool Makgi*)
- Low Block (*Arae Makgi*)
- Reverse (*Bondae*)
- What does *Tae Kwon Do* mean? (“Two Hands, Two Feet, One Mind” Martial Art)
- What is Courtesy?
Tae Geuk 2 - Ee Jang

1. Left Walking Stance, left Low Block.
2. Right Kick-Punch. (Front Kick into a Walking Stance)
3. Walking Stance, Low Block.
4. Front Stance, Punch.
5-6. Walking Stances, Inward Blocks
7. Walking Stance, left Low Block.
8a-b. Right Front Kick, then right Front Stance with right High Punch. Then step right with the right foot to turn 180 to the right into Walking Stance.
8b. Right Front Kick, right inward Block. Then step right with the right foot to turn 180 right.
11-12. Walking Stances, High Blocks. Then move the left foot to turn 270 to the left.
9. Walking Stance, right Low Block.
10a-b. Left Front Kick, then left Front Stance with left High Punch. Then step left with the left foot to turn left into Walking Stance.
13. Left Walking Stance, right Inward Block. Then step right with the right foot to turn 180 right.
14. Right Walking Stance, left Inward Block. Then step left with the left foot into Walking Stance.
15. Left Walking Stance, left Low Block.
16a-b. Right Kick-Punch. (Front Kick into a Walking Stance)
17a-b. Left Kick-Punch.
18a-b. Right Kick-Punch. Kirap. "Baro" then end.

Joonbee
Then step left with the left foot to turn left into Walking Stance.

Left Walking Stance, left Low Block.
Right Front Stance, right Punch. Then step right with the right foot to turn right 180 into Walking Stance.
Green Belt - Minimum 16 Classes with a 2 month Duration

_Taegeuk 3 (Sahm) Jang:_

_Yi_ - Symbolizes fire: the spirit of enthusiasm

**Chambers, Blocks & Strikes**

- Reverse Knife Hand Strike
- Single Knife Middle Block
- Single Knife Hand Middle Block & Reverse Punch

**Stances**

- Forward
- Walking
- Back Stance

**Kicks/Foot Work**

- Combo’s: Roundhouse Kick/Axe Kick,
- Back Thrust Kick

**Taegeuk 3 (Sahm) Jang**

- Steps 1 - 34

**Sparring Set**

- (Jab, Back Leg Half Round House Kick, Jab/Punch)

**Self Defense**

- Numbers 7 and 8

**Board Breaking**

- Inward Knife Hand Strike (not required for promotion)

**Memorize and be able to recite these terms below:**

- What is Integrity?
- Single Knife Hand Middle Block (_Hahn Sohn Nal Mome Tong Makgi_)
- Knife Hand Strike (_Sohn Nal Mok Cheegi_)
- Middle Block (_Mome Tong Makgi_)
- Reverse Punch (_Bahn Dae Jee Roo Gi_)
- Round House Kick (_Dol Yuh Chagi_)
- Back Thrust kick (_Dwe Chagi_)
- Back Stance (_Dwe Cubi_)

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Tae Geuk Form 3 – Sahm Jang

15-16a-c. Repeat the first line: Low Block, Kick, Double Punch (right punch then left punch).

17a-b. Left Low Block, right Punch.

18a-b. Right Low Block, left Punch.

19a. Right Front Kick.
19b. Right Low Block.
19c. Left Punch.

20a. Left Front Kick.
20b. Left Low Block.
20c. Right Punch.
Kihap Baro then end.

8. Slide to Front Stance, Punch.


5-6. Walking Stances, Knifehand Strikes.

2a. Right Front Stance, left Low Block.

2b-c. Right Front Stance, right-left Punch. Then step right with the right foot to turn right 180 into Walking Stance.

3. Low Block.
4a-c. Kick, double Punch.

Joonbee Then step left with the left foot to turn left into Walking Stance.

1. Left Walking Stance, left Low Block.

10. Slide the right foot forward into Front Stance, then left Punch.

11-12. Walking Stances, Inward Blocks

13-14a-c. Step with the left foot to turn left 270 and then repeat the first line: Low Block, Kick, double Punch. Then step right with the right foot to turn 180 right into Walking Stance.
Purple Belt - Minimum 16 Classes with a 2 month Duration

Taegeuk 4 (Sah) Jang:

Jin - Symbolize thunder: the spirit of the undeniable.

Chambers, Blocks & Strikes

- Double Knife Hand Middle Block
- Spear Finger Thrust
- Knife Hand High Block with Reverse Knife Hand Strike,
- Backfist

Stances

- Forward;
- Walking; Back
- Stance

Kicks

- Combination Round House and Skipping Roundhouse Kick/Side Kick
- Skipping Hook Kick

Taegeuk 4 (Sah) Jang

- Moves 1-29

Sparring Set

- Jab, Back Leg Front Kick then back leg Side Kick, Jab and Punch

Self Defense

- Numbers 9 and 10

Board Break

- Front Snap Kick (not required for rank promotion)

Memorize and be able to recite these terms:

- What is Perseverance? Never Giving Up regardless of the circumstances.
- Knife hand High Block with reverse knife hand strike (Jae Bee Poem Mok Chee Gi)
- Spear Finger Thrust (Soon Goot jee rugi)
- Double Knife hand Middle Block (Doh Son Nile Mome Tong Maki)
- Back Fist (Dung Ju Mok)
- Side Kick (Yup Chagi)
- Skipping Hook Kick (Ap Bal Dwe Doi Yuh Chaggi)
Taegeuk Form 4 – Sah Jang

Taegeuk Sa Jang

8b. Left Back Stance, rightward Double Knifehand Block.

11. Left Back Stance, right Outward Block.
12a. Left Front Kick.
12b. Left Back Stance, left Middle Block.

13. Left Front Stance, Swallowform Knifehand Strike.

14a. Right Front Kick.
14b. Right Front Stance, right Backfist Strike.

8a. Right Side Kick.

6b. Right Front Stance, left Punch.
6a. Right Front Kick.

5. Left Front Stance, Swallowform Knifehand Strike.

15. Left Walking Stance, left Middle Block.
16. No step, right Punch.

19a-c. Left Front Stance, left Middle Block, right Punch, left Punch.

9. Right Back Stance, left Outward Block.
10a. Right Front Kick.
10b. Right Back Stance, right Middle Block.

Then pivot right 180.
17. Right Walking Stance, right Middle Block.
18. No step, left Punch.

1. Right Back Stance, leftward Double Knifehand Block.
2. Step forward into right Front Stance, Supported Spearhand Thrust

3. Double Knifehand Block.
4. Supported Spearhand Thrust

Joonbee Then step left with the left foot to turn left.

20a-c. Right Front Stance, right Middle Block, left Punch, right Punch.
Kihap. Baro, then end.
Blue Belt - Minimum 32 Classes with a 4 month Duration

_Taegeuk 5 (Oh) Jang:_

_Sohn_ – Symbolizes wind: the spirit of gentle.

**BLUE I – 16 Classes**

_Chambers, Blocks & Strikes_

- Low Block with Reverse Middle Block
- Back Fist with reverse Middle Block
- Elbow Strike
- Reverse Elbow Strike

_Stances_

- Cross Stance

_Kicks_

- Spinning Hook Kick
- Roundhouse Kick/Spinning Hook Kick

_Taegeuk 5 (Oh) Jang_

- Moves 1-13

_Sparring Set_

- Jab, Back Leg Half Round House Kick, Skipping Half Round Kick, Jab and Punch

_Self Defense_

- Numbers 11 & 12

_Board Breaking_

- Back Thrust Kick (not required for promotion)

_Memorize and be able to recite these terms:_

- Cross Stance (_Koh Ah Sugī_)
- Elbow Strike (_Palkyup Cheegī_)
- Spinning Hook (_Dwe Dol Yuh Chagi_)
- Uniform (_Do Bok_)

**BLUE II – 16 Classes**

_Chambers, Blocks & Strikes_

- Low Block with Reverse Middle Block
- Back Fist with reverse Middle Block
- Elbow Strike
- Reverse Elbow Strike

_Stances_

- Cross Stance

_Kicks_

- Spinning Hook Kick
- Roundhouse Kick/Spinning Hook Kick

_Taegeuk 5 (Oh) Jang_

- Moves 14-32

_Sparring Set_

- Jab, Back Leg Half Round House Kick, Skipping Half Round Kick, Jab and Punch

_Self Defense_

- Numbers 11 & 12

_Board Breaking_

- Back Thrust Kick (not required)
Taegeuk Form 5 – Oh Jang

11. Left Back Stance, right Outward Block.
12. Left Front Stance, left Assisted Elbow Strike. Then step left with the left foot to turn 90 left.

13a. Left Front Stance, left Low Block.
13b. No Step, right Inward Block.

14a. Right Front Kick.
14b. Right Front Stance, right Low Block.
14c. No Step, left Inward Block.

15. Left Front Stance, left High Block.
16b. Left Elbow Target Strike.

17. Right Front Stance, right High Block.

18a. Left Side Kick – Punch.
18b. Right Elbow Target Strike.

19a. Left Front Stance, left Low Block.
19b. No step, right Inward Block.

20a. Right Front Kick.
20b. Right Cross Stance, Right Backfist Strike.

7a. Left Front Kick.
7b. Left Front Stance, left Backfist Strike.
7c. Right Inward Block.

6a. Right Front Kick.
6b. Right Front Stance, right Backfist Strike.
6c. No step, left Inward Block.

5a-b. Left Front Stance, left Inward Block, right Inward Block.

3. Right Low Block.
4. Right Hammerfist.

Joonbee
Then step left with the left foot to turn left.

1. Left Front Stance, left Low Block.
2. Slide the left foot back, left Downward Hammerfist.

Khap. Baro then end.
Brown Belt - Minimum 16 Classes with a 2 month Duration

Taegeuk 6 (Yook) Jang:

Gahm - Symbolizes water: the spirit of flow and ultimate flexibility.

Brown I – 16 Classes

Chambers, Blocks & Strikes
- Reverse Knife Hand sweeping Block, Outer Forearm Middle Block,
- Palm Press Middle Block

Stances
Back Stance,
Cross Stance

Kicks
- Combination Round Kick, then Axe Kick, then Back Thrust Kick

Taegeuk 6 (Yook) Jang
- Moves 1-17

Sparring Set
- Jab, Back Leg Front Kick then Axe Kick, Jab then Punch

Self Defense
- Numbers 13, 14 and 15

Board Break Starts at this Rank
- Jumping Front Snap Kick (Required)

Brown II – 16 Classes

Chambers, Blocks & Strikes
- Reverse Knife Hand sweeping Block, Outer Forearm Middle Block,
- Palm Press Middle Block

Stances
Back Stance,
Cross Stance

Kicks
- Combination Round Kick, then Axe Kick, then Back Thrust Kick

Taegeuk 6 (Yook) Jang
- Moves 18-32

Sparring Set
- Jab, Back Leg Front Kick then Axe Kick, Jab then Punch

Self Defense
- Numbers 13, 14 and 15

Board Breaking Starts at this Rank
- Jumping Front Snap Kick(required)

Memorize and be able to recite these terms below:

- Reverse Knife Sweeping Block – *Son Nal Hetche Makki*
- Palm Heel Block – *(Ba Tang Sohn Makki)*
- Jumping Front Snap Kick – *(Dwe Uh Ap Chaggi)*
- Double Punch – *(Doe Bohn Jee Roogi)*
- Horse Back Stance middle section Punch – *(Kee Majasae Momtong Jeerugi)*
- Breaking – *(Kyup Pa)*
- Switch Feet – *(Pal Buh Gwuh)*
- What is Indomitable Spirit?
Taegeuk Form 6 – Yuk Jang

Then turn 180 to the right,
12b. Low Block
13a. Front Kick.
13b. Outward Block.

Then turn 180 to the left,
14. Low Block
15a. Front Kick.
15b. Outward Block.

Step forward with the right foot to turn left, then

Step back,
17. Back Stance, Double Knifehand Block.

Step back into Front Stance,
18a. Palmheel Block.
18b. Right Punch.

Step back,
18a. Palmheel Block.
18b. Left Punch.

Baro, then end.

1a. Right Front Stance, right Low Block.
1b. Right Front Stance, left Outward Block.

2a. Right Front Kick.
2b. Right Back Stance, left Outward Block.

3. Right Front Stance, right Low Block.
3a. Left Front Stance, Right Punch.
3b. Right Punch.

4a. Left Front Kick.
4b. Left Back Stance, right Outward Block.

Then step left with the left foot to turn 90 left into
left Front Stance.

5. Right Twist Block.
6a. Right Roundhouse Kick.
6b. High Outside Block.
7a. Right Front Kick.
7b. Right Front Stance, left Punch. Then step right with the right foot to turn 90 right.

8a. High Outside Block.
8b. Left Punch.
9a. Left Front Kick.
9b. Left Front Stance, Right Punch.
10. Slow, Low Opening Block.
11. Left Twist Block.
13a. Front Kick.
14. Low Block
15a. Front Kick.
15b. Outward Block.
Red Belt - Minimum 32 Classes with 4 a month Duration

*Taegeuk 7 (Chil) Jang:*

*Gahn* – Symbolizes the mountain: the spirit of firmness and strength.

**RED I – 16 Classes**

Chambers, Blocks & Strikes

- Double Knife Hand Low Section Block
- Double-Forearm Middle Block (Wedge Block)
- Scissor Block
- Double Upper Cut
- Cross Forearms Low Section Block (X Block)

**Stances:**
- Tiger Stance

**Taeguek 6 (Chil) Jang**
- Moves 1-17

**Kicks**
- Combination Round House Kick, then Back Thrust Kick, Then Round House Kick,

**Sparring Set**
- Jab, Back Leg Round House Kick, Then Back Thrust Kick, Then Jab and Punch

**Self Defense**
- Numbers 16 and 17

**Board Break**
- Round House Kick

**RED II – 16 Classes**

Chambers, Blocks & Strikes

- Double Knife Hand Low Section Block
- Double-Forearm Middle Block (Wedge Block)
- Scissor Block
- Double Upper Cut
- Cross Forearms Low Section Block (X Block)

**Stances:**
- Tiger Stance

**Taeguek 6 (Chil) Jang**
- Moves 18-33

**Kicks**
- Combination Round House Kick, then Back Thrust Kick, Then Round House Kick,

**Sparring Set**
- Jab, Back Leg Round House Kick, Then Back Thrust Kick, Then Jab and Punch

**Self Defense**
- Numbers 16 and 17

**Board Break**
- Round House Kick

Memorize and be able to recite these terms below:

- Scissors Block *(Kah Wee Makgi)*
- Wedge Block *(Hetcha Makgi)*
- X Block *(Uh Guh Uh Makgi)*
- Double Knife Hand Low Section Block *(Doo Sohn Nal Ah Rae Makgi)*
- Tiger Stance *(Bum Sugi)*
- Self Defense *(Ho Shin Sool)*

What qualities of the mind are we trying to enhance in Tae Kwon Do?
Taegeuk Form 7 – Chil Jang

17. Right Front Stance, Opening Block.
18a. Left Knee Strike.
18b. Cross Stance, Double Uppercut.
19. Left Front Stance, Low Cross Block.

12-13. Two Double Scissors Blocks:
• Left up then Left Down,
• Left Down then Left Up.
Then turn 270 left.

14. Left Front Stance, Opening Block.

11. Slow Covered Fist.
10a-b. Twist then left
Supported Backfist Strike

8a-b. Twist then right
Supported Backfist Strike. Then turn 180 to
the right.

9. Right Cat Stance, left
Supported Palm Block.

7. Left Cat Stance, right
Supported Palm Block.

6. Back Stance, Low Double
Knifehand Block.

5. Back Stance, Low Double
Knifehand Block.

4a. Left Front Kick.
4b. Right Inward Block.

3. Right Cat Stance, left Palm Block.

2a. Right Front Kick.
2b. Left Cat Stance, left Inward Block.

Joonbee
Then step left with the left foot to turn left.

1. Left Cat Stance, right Palm Block.

24. No step, left
Knifehand Side Block.

24. Horse Stance, right Side Punch.
Kihup. Baro then end.

20. Outward Backfist.
21a. Target Kick.
21b. Horse Stance,
Elbow Target Strike.

22. Outward Backfist.
23a. Target Kick.
23b. Horse Stance, Elbow
Target Strike.

Then step with the right foot to turn 180,
Red/Black Belt - Minimum 32 Classes with 4 month Duration

Taegeuk 8 (Pal) Jang:
Gon – Symbolizes the earth: the spirit of humbleness.

RED/BLACK I – 16 Classes

Chambers, Blocks & Strikes
- Double Forearm Mid-Block;
- Single Mountain Block;
- Combination Single Knife hand block
  the reverse elbow strike, back fist, punch
- Single Upper Cut Strike;

Stances
- Forward
- Walking
- Back Stance
- Cross Stance
- Tiger Stance

Kicks
- Combination Round House Kick, Then
  Spin Hook Kick, Then Round House Kick,

Taegeuk 8 (Pal) Jang
- Moves 1-15

Sparring Set
Jab, Back Leg Round House Kick, Then Spin
Hook Kick, then Jab and Punch

Self Defense
- Numbers 18 and 19

Board Break
- Spinning Hook Kick

BLACK/RED – 16 Classes

Chambers, Blocks & Strikes
- Double Forearm Mid-Block;
- Single Mountain Block;
- Combination Single Knife hand block
  the reverse elbow strike, back fist, punch
- Single Upper Cut Strike;

Stances
- Forward
- Walking
- Back Stance
- Cross Stance
- Tiger Stance

Kicks
- Combination Round House Kick, Then
  Spin Hook Kick, Then Round House Kick,

Taegeuk 8 (Pal) Jang
- Moves 16-37

Sparring Set
Jab, Back Leg Round House Kick, Then Spin
Hook Kick, then Jab and Punch

Self Defense
- Numbers 18 and 19

Board Break
- Spinning Hook Kick

Memorise and be able to recite these terms below:
- Single Mountain Block (Weh San Teul Makgi)
- Double Forearm Low Block (Doo Sohn nal Ah Rae Makgi)
- Double Forearm Middle Block (Doo Sohn nal Mome Tong Makgi)
- Instructor (Sah Bum Nim)
- Grand Master (Kwan Jang Nim)
- Thank You (Gahm Sah Hahm Ni Da)
- How are You (Ahn Yeong Ha Shim NiKa)
- What Qualities of the Body are we trying to enhance in Taekwondo?
Taegeuk Form 8 – Pal Jang

1. Right Back Stance, left Augmented Outward Block.
2. Left Front Stance, right Punch.
3a-b. Right Jump Front Kick then left Front Kick. Kihap.
4. Right Front Stance, right Punch.
5. Single Mountain Block.
6. Left Front Stance, right Uppercut.
7a. Transition through a Cross Stance.
7b. Single Mountain Block.
8. Right Front Stance, left Uppercut. Then turn 270 to the left into Back Stance.
9. Right Back Stance, leftward Double Knife hand Block.
10. Left Front Stance, right Punch.
11a. Right Kick.
Then slide back to 11b. Left Cat Stance, right Palm heel. Then turn left to Cat Stance.
12. Cat Stance, Double Knife hand.
13a. Front Kick.
13b. Right Punch.
14. Left Cat Stance, left Palm heel.
15. Cat Stance, Double Knifehand
16a. Right Front Kick.
16b. Left Punch.
17. Right Palmheel.
18. Right Augmented Outward Block.
19a. Left Front Kick.
19c. Right Inward Block.
19d. Left Punch.
19e. Right Punch.
20. Right Back Stance, Double Knifehand Block.
21. Left Front Stance, right Elbow Strike
22. No step, left Punch
22. No step, right Back fist Strike
24. Left Back Stance, Double Knifehand Block.
25. Elbow Strike.
27. Right Punch. Baro then end.

Joonbee
Then step forward with the left foot.
You have now begun your preparation for your black belt test. This will be a comprehensive review and refreshing of everything you have learned since you began Taekwondo broken down into 4 stages.

Recommended Black Belt 0 & I - Minimum 32 Classes with a 4 month Duration

RECOMMENDED BLACK BELT – 16 Classes

Chambers, Blocks & Strikes
- White Belt Techniques
- Yellow Belt Techniques
- Orange Belt Techniques

Stances
- Forward
- Walking

Kicks
- White belt Kicks
- Yellow Belt Kicks
- Orange Belt Kicks

Poomsae
- Ki Cho Basic Form (White)
- Taegeuk 1 (Il) Jang (Yellow)
- Taegeuk 2 (Ee) Jang (Orange)

Sparring Set
- White Belt Sparring Set
- Yellow Belt Sparring Set
- Orange Belt Sparring Set

Self Defense
- Numbers One Through Six

Board Break
- One hand & One Foot Technique

Terminology
- White, Yellow and Orange Belt

REDCOMMENDED BLACK BELT I – 16 Classes

Chambers, Blocks & Strikes
- Green Blocks & Strikes
- Purple Belt Techniques

Stances
- Forward
- Walking
- Back Stance

Kicks
- Green Belt Kicks
- Purple Belt Kicks

Poomsae
- Taegeuk 3 (Sahm) Jang
- Taegeuk 4 (Sah) Jang

Sparring Set
- Green Belt Sparring Set
- Purple Belt Sparring Set

Self Defense
- Numbers Seven Through Ten

Board Break
- One Hand & One Foot Technique

Terminology
- Green & Purple Belt
Recommended Black Belt II & III - Minimum 16 Classes with a 2-month Duration

RECOMMENDED
BLACK BELT II – 16 Classes

Chambers, Blocks & Strikes
- Blue Belt Techniques
- Brown Belt Techniques

Stances
- Forward
- Walking
- Cross Stance

Kicks
- Blue belt Kicks
- Brown Belt Kicks

Poomsae
- Taeguk 5 (Oh) Jang (Blue)
- Taeguk 6 (Yuk) Jang (Brown)

Sparring Set
- Blue Belt Sparring Set
- Brown Belt Sparring Set

Self Defense
- Numbers Eleven Through Fifteen

Board Break
- One hand & One Foot Technique

Terminology
- Blue and Brown Belt

RECOMMENDED
BLACK BELT III – 16 Classes

Chambers, Blocks & Strikes
- Red Belt Techniques
- Red/Black Belt Techniques

Stances
- Forward
- Walking
- Back Stance
- Cross Stance
- Tiger Stance

Kicks
- Red Belt Kicks
- Red/Black Belt Kicks

Poomsae
- Taeguk 7 (Chil) Jang
- Taeguk 8 (Pal) Jang

Sparring Set
- Red Belt Sparring Set
- Red/Black Belt Sparring Set

Self Defense
- Numbers Sixteen Through Nineteen

Board Break
- One Hand & One Foot Technique

Terminology
- Red & Red/Black Belt Belt
- History of Taekwondo - Written Report
- Oral Summary of the history of Taekwondo During Black Belt Test
1st Degree Black Belt Requirements to obtain 2nd degree
Minimum 144 classes with minimum 18-month Duration

KORYO POOMSAE – Symbolizes a Strong and Virtuous Warrior

1st Degree Yellow Patch
24 Classes & 3 months

Chambers, Blocks & Strikes
- Combination outward Knife hand Strike Then Knife Hand Low Block
- White and Yellow Belt Techniques

Stances
- Koryo Junebee Stance-Tongmilgi

Kicks
- Double Side Kick
- Jumping Axe Kick

Poomsae
- Ki Cho Basic Form (White)
- Taegeuk 1 (Il) Jang (Yellow)
- Koryo Moves 1-10

Sparring Set
- White Belt Sparring Set
- Yellow Belt Sparring Set

Self Defense
- Numbers 1 Through 4

Board Break
- Two hand & One Foot Technique Consecutively

Terminology
- Outward Knife hand Strike – Hansonnal Mokchigi
- Knife hand Low Block – Hansonnal Arae Makki
- Pushing Hands Ready Stance - Tongmilgi

1st Degree Green Patch
24 Classes & 3 months

Chambers, Blocks & Strikes
- Reverse Tiger Mouth Strike
- Reverse Knee Break
- Reverse Wedge Block
- Orange and Green Belt Techniques

Stances
- All Previously Learned Stances

Kicks
- Double Side Kick
- 360 Spinning Axe Kick

Poomsae
- Taegeuk 2 (Ee) Jang
- Taegeuk 3 (Sahm) Jang
- Koryo Moves 11-17

Sparring Set
- Orange Belt Sparring Set
- Green Belt Sparring Set

Self Defense
- Numbers 5 Through 8

Board Break
- One Hand & Two Feet Techniques Consecutively

Terminology
- Tiger Mouth – Ah Gum Sohn
1st Degree Black Belt Requirements to obtain 2nd degree
Minimum 144 classes with 18 month Duration

1st Degree Blue Patch
24 Classes & 3 months

Chambers, Blocks & Strikes
- Low Section Finger tip Thrust
- Purple and Blue Belt Techniques

Leadership (6 Classes)
- Lead Stretching - 2 Classes
- Teach Ki Cho Poomsae – 2 Classes
- Lead Agility in class – 2 Classes

Stances
- All Previously Learned

Kicks
- 360 round house kick

Poomsae
- Koryo Moves 18-28
- Taeguk 4 (Sah) Jang (Blue)
- Taeguk 5 (Oh) Jang (Brown)

Sparring Set
- Purple Belt Sparring Set
- Blue Belt Sparring Set

Self Defense
- Numbers 9 Through 12

Board Break
- One hand & Three Foot Technique

Terminology
- Low Section Fingertip Thrust - Pyonsonkkkeut Arae Jiroogi

1st Degree Red Patch
24 Classes & 3 months

Chambers, Blocks & Strikes
- Combination Inward Knife hand Strike then Knife hand low section block
- Brown and Red Belt Techniques

Leadership (6 Classes)
- Lead Stretching - 2 Classes
- Teach Taeguk 1 (IL) Jang – 2 Classes
- Lead Agility Drills for - 2 Classes

Kicks
- Half Round House Kick Then Jumping Axe Kick Combination

Poomsae
- Taeguk 6 (Yuk) Jang
- Taeguk 7 (Chil) Jang
- Koryo moves 29-40

Sparring Set
- Brown Belt Sparring Set
- Red Belt Sparring Set

Self Defense
- Numbers 13 Through 15

Board Break
- Three Hand & One Foot Technique

Terminology
- Reverse wedge Block – Bondae Momtang Hechomakki
1st Degree Black Belt Requirements to obtain 2nd degree
Minimum 144 classes with 18 month Duration

1st Degree Black Patch
24 Classes & 3 months

Chambers, Blocks & Strikes
- Reverse Knee Press then slide back to walking stance for reverse Wedge Block
- Red/Black Belt Techniques

Leadership (6 Classes)
- Lead Stretching - 2 Classes
- Teach Taeguek 2 (Ee) Jang – 2 Classes
- Lead Agility - 2 Classes

Kicks
- Combination Half Round House Kick Then 360 Spinning Axe kick

Poomsae
- Taegeuk 8 (Pal) Jang
- Koryo Poomsae

Sparring Set
- Red/Black Belt Sparring Set

Self Defense
- Numbers 16 Through 18

Board Break
- Two hand & Two Feet Technique in consecutive order

Terminology
- Meaning of Koryo

2nd Degree Black Belt
& Leadership Patch
24 Classes & 3 months

Chambers, Blocks & Strikes
- All Previously Learned

Leadership (6 Classes)
- Lead Stretching - 2 Classes
- Lead Agility For - 2 Classes
- Teach Taeguek Form 3 (Sahm) Jang – 2 Classes

Kicks
- All Previously Learned

Poomsae
- Taegeuk 1 Through 8
- Koryo Poomsae

Sparring Set
- All Previously Learned

Self Defense
- All previously Learned

Board Break
- (New) Two Hand and Two Feet in a consecutive order

Terminology
- All Previously Learned

Sparring
- Multi Opponent Sparring
KORYO

26. Left Low Hammer fist
Target Strike. then pivot
left.

27a. Left
Knife-hand
strike.
27b. Low
Knife-hand
Block.

28a. Right
Knife-hand
Strike.
28b. Low
Knife-hand
Block.

29a. Left
Knife-hand
Strike.
29b. Low
Knife-hand
Block.

30. Right Arc Hand
Strike.

4. Right
Inward
Block.

3. Left
Punch.

2c. Right
Front
Stance, right
Knife-hand Strike.
2a-b. Low
than High
Side Kick.

1. Back Stance,
Double
Knife-hand Block.

9b. Right Arc
Hand Strike.

9a. Left Front
Stance, left
Knife-hand Low
Block.

10c. Left Arc
Hand Strike.


10b. Right Low
Knife-hand Block.

10a. Right Front
Kick.

11c. Right Arc Hand
Strike.

11b. Left Low
Knife-hand
Block.

11a. Left Front
Kick.

12b. Left
Knee Break.

12a. Right
Front Kick.

13. Opening Block.

14a. Left Front Kick.

14b. Right Knee Break.

15. Opening Block.

16. Knife-hand
Side Block.

17. Target Punch.

18a. Cross Stance.

18b. Side Kick.

19. Slide right foot back to
Walking Stance, right Low Block.

20a. Palmheel
Block.

20b. Elbow Strike.


22. Target Punch.

23a. Cross Stance.

23b. Side Kick.

23c. Left Front Stance, right Low Fingertip
Thrust. Then slide the left foot back.

24. Left Walking Stance, left Low Block.
Collierville Taekwondo

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