Sparring 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:

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>+</td>
<td>Perform the connected techniques smoothly, without pausing</td>
</tr>
<tr>
<td>&amp;</td>
<td>Use a short pause to time your opponent’s reaction and score the point</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Application</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal (No directions)</td>
<td>Perform the technique offensively</td>
</tr>
<tr>
<td>Counter (Against…)</td>
<td>Perform the technique defensively, reacting to your opponent</td>
</tr>
<tr>
<td>Trapping</td>
<td>Use a fake or initiating step to draw a reaction from your opponent</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Combination</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut step (front or rear) + Turning whip kick</td>
<td>Cut step closes the distance to your opponent and Turning whip kick is performed immediately</td>
</tr>
<tr>
<td>Cut step (front or rear) &amp; Turning whip kick</td>
<td>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.</td>
</tr>
</tbody>
</table>

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. The combinations for the different ranks are:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Combinations</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Footwork:</td>
</tr>
<tr>
<td></td>
<td>• Single and Double switches</td>
</tr>
<tr>
<td></td>
<td>• Single step forward/backward</td>
</tr>
<tr>
<td>H. White</td>
<td>• Roundhouse kick (middle) + Roundhouse kick (high)</td>
</tr>
<tr>
<td></td>
<td>• Roundhouse kick + Drop kick</td>
</tr>
<tr>
<td></td>
<td>• Roundhouse kick + Back/Front punch</td>
</tr>
</tbody>
</table>
### General Information

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow</td>
<td>Front leg cut +/&amp; Single step forward + Turning back kick</td>
<td></td>
</tr>
<tr>
<td>H. Yellow</td>
<td>Fast step or Roundhouse kick + Turning back + Roundhouse kick</td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td>Cut step (front or rear) +/&amp; Turning whip kick (Trapping style)</td>
<td></td>
</tr>
<tr>
<td>H. Green</td>
<td>Fast kick +/&amp; Single switch +/&amp; Turning whip kick</td>
<td></td>
</tr>
<tr>
<td>Blue</td>
<td>Roundhouse or fast kick +/&amp; 180 degree Tornado roundhouse kick</td>
<td></td>
</tr>
<tr>
<td>H. Blue</td>
<td>Turning whip kick +/&amp; Single switch +/&amp; Turning whip kick</td>
<td></td>
</tr>
<tr>
<td>Red</td>
<td>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) Counter back kick drill (Trapping style): Set up opponent to take one step back &amp; 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 kick</td>
<td></td>
</tr>
<tr>
<td>H. Red</td>
<td>Footwork: • Shuffling forward + Shuffling backward + One step forward • Cut step + One step in + Shuffling backward • Running step + Shuffling backward + Reverse turning step Kicking • Double kick • Shuffling step back + Double kick (Against fast kick attack at close distance)</td>
<td></td>
</tr>
<tr>
<td>Deputy</td>
<td>Fast kick +/&amp; Roundhouse kick +/&amp; 180° Tornado roundhouse kick</td>
<td></td>
</tr>
</tbody>
</table>

### Breaking and Holding

Breaking practice is a great way to improve accuracy and power in your techniques. Everyone loves to break, but holding is equally important. Without the proper holding technique, the breaker will not be able to complete the break. Here are some basic guidelines for holding boards for breaking.

- Make sure to hold at a good height for the person breaking. TKD students come in all different heights and all levels of flexibility.
- Keep your elbows straight, and lean slightly into the kick or technique to keep from being pushed back.
- Keep your fingers safe. Grip the board properly.
- Keep your body weight behind the board. Your palms should be against the opposite side from the kicking surface.
- Turn your face away from the board, in case anything slips out of your hands. (Sometimes a well-executed kick will break a board in three pieces!) However, always keep your eyes on the board.
- Encourage and help the breaker.
- Have fun!
**White (Non Kub)**

### Safety Gear Week

**Sparring**
- Stance and posture
- Open and closed stances
- Footwork (Single and Double switches, Single step forward/backward)

**Drill**
- Kicking drill with above footwork, with or without shield
- How to hold a shield
- Sparring against a shield

### 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 and turning movement)
- Differentiate punches beginning at hand position #1 & #2
- Kicks (front, side, roundhouse)

**Forms**
Ten steps #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

### Testing Requirements

<table>
<thead>
<tr>
<th>Sparring Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sparring</td>
</tr>
<tr>
<td>Against a shield</td>
</tr>
<tr>
<td>Stance</td>
</tr>
<tr>
<td>Footwork</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Form</th>
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<tbody>
<tr>
<td>10 steps #1</td>
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<table>
<thead>
<tr>
<th>Self Defense</th>
</tr>
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<tbody>
<tr>
<td>1-5 techniques</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breaking</th>
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<tbody>
<tr>
<td>Front kick</td>
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</table>

<table>
<thead>
<tr>
<th>Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Student Commitments</td>
</tr>
<tr>
<td>Terms</td>
</tr>
<tr>
<td>Counting numbers</td>
</tr>
<tr>
<td>Meaning of White Belt</td>
</tr>
</tbody>
</table>
Knowledge and Power Training Week

Breaking

- Front kick
- Practice how to hold

Knowledge

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

TKD Etiquette

Review Week

Reviewing all topics above (fast pace but good for all)

➢ To test: Your tuition payment must be on time.

White Belt (None 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 positive relationships 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 myself and others.
10. I will always finish what I start.
Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Pronunciation</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cha-ryot</td>
<td>(châ ré ôt)</td>
<td>Attention</td>
</tr>
<tr>
<td>Joonbi</td>
<td>(jûn bé)</td>
<td>Ready</td>
</tr>
<tr>
<td>Kyong-Ye</td>
<td>(k-yûng yê)</td>
<td>Bow</td>
</tr>
<tr>
<td>DoJhang</td>
<td>(dó jâng)</td>
<td>Workout Area</td>
</tr>
<tr>
<td>Dobok</td>
<td>(dó bök)</td>
<td>Uniform</td>
</tr>
<tr>
<td>Sa bom nim</td>
<td>(sâ bóm nîm)</td>
<td>Instructor</td>
</tr>
<tr>
<td>Sun bae nim</td>
<td>(sûn bá nîm)</td>
<td>Senior Belt</td>
</tr>
</tbody>
</table>

Counting Numbers

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<th>Number</th>
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<th>Meaning</th>
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<tr>
<td>One</td>
<td>hânâ</td>
<td>Hana</td>
</tr>
<tr>
<td>Two</td>
<td>düel</td>
<td>Dul</td>
</tr>
<tr>
<td>Three</td>
<td>sêt</td>
<td>Set</td>
</tr>
<tr>
<td>Four</td>
<td>nêt</td>
<td>Net</td>
</tr>
<tr>
<td>Five</td>
<td>dâ sôt</td>
<td>Dasot</td>
</tr>
<tr>
<td>Six</td>
<td>yâ sôt</td>
<td>Yasot</td>
</tr>
<tr>
<td>Seven</td>
<td>îl gûb</td>
<td>Elgub</td>
</tr>
<tr>
<td>Eight</td>
<td>yó dül</td>
<td>Yodol</td>
</tr>
<tr>
<td>Nine</td>
<td>â hàb</td>
<td>Ahob</td>
</tr>
<tr>
<td>Ten</td>
<td>yûl</td>
<td>Yol</td>
</tr>
</tbody>
</table>

Meaning of White Belt

Pure, No knowledge, Humble
High White (9th Kub)

Review all White Belt requirements

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 + Drop kick
  3. Roundhouse kick + Back/Front punch

Drill:
  • Footwork & Kicks (w/ or w/o target, w/ or w/o partner)
  • Backward step (shuffling or single step) + Roundhouse kick (closed and open stance)

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)

Form
  Ten steps #2

Self-Defense Week

One Step Self-Defense
  1-5 techniques (opposite side of White Belt)
Self-Defense
- Ho Sin Sool 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

Review Week
Reviewing all topics above (fast pace but good for all)

➢ **To test:** *Your tuition payment must be on time.*

High White Belt (9th Kub) Study Guide

Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Pronunciation</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barro</td>
<td>(ba ro)</td>
<td>Return to Joonbi</td>
</tr>
<tr>
<td>Guk-Gi</td>
<td>(guk-ke)</td>
<td>Flag</td>
</tr>
<tr>
<td>Gu-Mahn</td>
<td>(gu man)</td>
<td>Stop</td>
</tr>
<tr>
<td>Ki Hop</td>
<td>(ke hop)</td>
<td>Yell</td>
</tr>
<tr>
<td>Mook Nyom</td>
<td>(mok n-yom)</td>
<td>Meditation</td>
</tr>
<tr>
<td>Guk-gi yea dae hah yeo Kyong-ye</td>
<td></td>
<td>Bow to the Flag</td>
</tr>
<tr>
<td>Sa bom nim kae</td>
<td></td>
<td>Bow to the Instructor</td>
</tr>
<tr>
<td>Kyong-ye</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun bae nim kae</td>
<td></td>
<td>Bow to Senior Belt</td>
</tr>
</tbody>
</table>
Counting Numbers

<table>
<thead>
<tr>
<th>Letter</th>
<th>Pronunciation</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>IL</td>
<td>(il)</td>
<td>First (1st)</td>
</tr>
<tr>
<td>EE</td>
<td>(e)</td>
<td>Second (2nd)</td>
</tr>
<tr>
<td>SAHM</td>
<td>(sam)</td>
<td>Third (3rd)</td>
</tr>
<tr>
<td>SAH</td>
<td>(sa)</td>
<td>Fourth (4th)</td>
</tr>
<tr>
<td>OH</td>
<td>(o)</td>
<td>Fifth (5th)</td>
</tr>
<tr>
<td>YUK</td>
<td>(yuk)</td>
<td>Sixth (6th)</td>
</tr>
<tr>
<td>CHIL</td>
<td>(chil)</td>
<td>Seventh (7th)</td>
</tr>
<tr>
<td>PAHL</td>
<td>(pal)</td>
<td>Eighth (8th)</td>
</tr>
<tr>
<td>KOO</td>
<td>(Ku)</td>
<td>Ninth (9th)</td>
</tr>
<tr>
<td>SIB</td>
<td>(sib)</td>
<td>Tenth (10th)</td>
</tr>
</tbody>
</table>

Tae Kwon-Do Facts

- **Country of origin**: Korea; often mistakenly called “Korean-Karate”
- **History**: Evolved since BC 37; therefore it is over 2,000 years old
- **Sports aspect**: An official Olympic sport since the year 2000
- **Martial arts aspect**: Self improvement through training of mind and body
Yellow (8th Kub)

Review all High White Belt requirements

Safety Gear Week

➢ Full safety gear required

Sparring

Theory: Logic of counter attack (Time & Space concept)

Practical: Friendly contact with full safety gear

Drill

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

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

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 kick

Form

Tae Geuk IL Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Floor

• Side fall

• Training drills in short distance and some floor exercises

Testing Requirements

Sparring

Full safety gear

Friendly contact

Combination

Form

Tae Geuk IL Jhang

Self Defense

1-6 techniques

Breaking

Drop kick

Knowledge

TKD terms

Taekeuk

Why do we bow?

Significance of Tae Geuk IL Jhang
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

Review Week
  Reviewing all topics above (fast pace but good for all)

➢ To test: Your tuition payment must be on time.
Yellow Belt (8th Cub) Study Guide

Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Pronunciation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cha Ki</td>
<td>(châ ké)</td>
<td>Kick</td>
</tr>
<tr>
<td>Mak Ki</td>
<td>(mâk ké)</td>
<td>Block</td>
</tr>
<tr>
<td>So Ki</td>
<td>(só ké)</td>
<td>Stance</td>
</tr>
<tr>
<td>Jiru Ki</td>
<td>(gé rü ké)</td>
<td>Punch</td>
</tr>
<tr>
<td>Chi Ki</td>
<td>(ché ké)</td>
<td>Strike</td>
</tr>
<tr>
<td>Dong Jak</td>
<td>(dông jâk)</td>
<td>Movement</td>
</tr>
<tr>
<td>In Jung</td>
<td>(ên jûng)</td>
<td>High Section Point</td>
</tr>
<tr>
<td>Myong Chi</td>
<td>(myông ché)</td>
<td>Middle Section Point</td>
</tr>
<tr>
<td>Nang Shim</td>
<td>(nâng shîm)</td>
<td>Low Section Point</td>
</tr>
<tr>
<td>Poomse</td>
<td>(püm së)</td>
<td>Pattern or Form</td>
</tr>
</tbody>
</table>

Tae Geuk (tê gûk)

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-Jhang

Represents Sky which is the principle of all living things in the universe. (18 pooms)
**High Yellow (7th Kub)**

*Review all Yellow Belt requirements*

**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 or Roundhouse kick + Turning back + Roundhouse kick
  - **Drill**: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

**Basics and Forms Week**

**Basics**

  - **Kicks**: Fast step Roundhouse kick combinations (Turning back kick, Fast kick push kick or Fast step pushing kick, Front leg Drop kick)

**Form**

  - Tae Geuk EE 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

**Testing Requirements**

<table>
<thead>
<tr>
<th>Sparring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full safety gear</td>
</tr>
<tr>
<td>Friendly contact</td>
</tr>
<tr>
<td>Combination</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tae Geuk EE Jhang</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Self Defense</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6 techniques</td>
</tr>
<tr>
<td>Ho Sin Sool 4-6</td>
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</table>

<table>
<thead>
<tr>
<th>Breaking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turning back kick</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>TKD terms</td>
</tr>
<tr>
<td>Why do we wear different color belts?</td>
</tr>
<tr>
<td>Why do we yell?</td>
</tr>
<tr>
<td>Significance of Tae Geuk EE Jhang</td>
</tr>
</tbody>
</table>
Knowledge and Power Training Week

**Breaking**
- Turning back kick
- Practice how to hold

**Knowledge**

*Know* all knowledge requirements on the back of attendance card

**TKD Etiquette and Leadership**

**Review Week**

Reviewing all topics above (fast pace but good for all)

➢ *To test: Your tuition payment must be on time.*
High Yellow Belt (7th Kub) Study Guide

Terms

Ahp Cha Ki  (âp châ ké)  Front Kick
Yop Cha Ki  (yâp châ ké)  Side Kick
Dolryo Cha Ki  (dûl ré-ô châ ké)  Roundhouse Kick
Aha Rae Mak Ki  (â-râ mâ ké)  Low Block
Eol gul Mak Ki  (él gú mâ ké)  High Block
Ahn Mak Ki  (âhn mâ ké)  Inside Block
Bakat Mak Ki  (bâk åt mâ ké)  Outside Block

Why do 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-Jhang
Represents Tae which means internal strength, external gentleness. Perform this poomse gently, but when you strike or hit, move strongly. (18 pooms)
**Green (6th Kub)**

*Review all High Yellow Belt requirements*

**Safety Gear Week**

**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 whip kick (Trapping style)

*Drill*: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

**Basics and Forms Week**

**Basics**

*Hand techniques*: Knife hand neck attack, Front kick w/ double punches

*Kicks*: Whip kick (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**

- Falling techniques (Front fall, Side fall)
- Training drills in short distance and some floor exercises

**Knowledge and Power Training Week**

**Breaking**

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

---

**Testing Requirements**

<table>
<thead>
<tr>
<th>Sparring</th>
<th>Full safety gear</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Friendly contact</td>
</tr>
<tr>
<td></td>
<td>Combination</td>
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<table>
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<th>Form</th>
<th>Tae Geuk Sahm Jhang</th>
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<table>
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<th>1-6 techniques</th>
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<table>
<thead>
<tr>
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<th>Jump Side kick</th>
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<table>
<thead>
<tr>
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<th>Terms</th>
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<tbody>
<tr>
<td></td>
<td>Meaning of Green Belt</td>
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<tr>
<td></td>
<td>Literal meaning of Tae Kwon-Do</td>
</tr>
<tr>
<td></td>
<td>Significance of Tae Geuk Sahm Jhang</td>
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</table>

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Black Belt World Student Guide
Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➢ To test: Your tuition payment must be on time.

Green Belt (6th Kub) Study Guide

Terms

<table>
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<tr>
<th>Terms</th>
<th>Pronunciation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kyukpa</td>
<td>(kyûk-pâ)</td>
<td>Breaking</td>
</tr>
<tr>
<td>Kyorugi</td>
<td>(kérö-gî)</td>
<td>Sparring</td>
</tr>
<tr>
<td>Ho Sin Sool</td>
<td>(hó sîn söl)</td>
<td>Self-Defense</td>
</tr>
<tr>
<td>Yang Son Nal Aha Rae Mak Ki</td>
<td>(yâng sôn nâl  å-rá mâ ké)</td>
<td>Two Knife Hand, Low Block</td>
</tr>
<tr>
<td>Yang Son Nal Mom Tong Mak Ki</td>
<td>(yâng sôn nâl moum tong mâ ké)</td>
<td>Two Knife Hand, Outside Block</td>
</tr>
<tr>
<td>Han Son Nal Bakat Mak Ki</td>
<td>(hân sôn nâl bâk ât mâ ké)</td>
<td>One Knife Hand, Outside Block</td>
</tr>
</tbody>
</table>

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-Jhang

Represents Sun or Fire that is, the fire gives brightness and infinite hope. (20 pooms)
High Green (5th Kub)

Review all Green Belt requirements

Safety Gear Week

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

**Drill:** Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

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

<table>
<thead>
<tr>
<th>Testing Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sparring</td>
</tr>
<tr>
<td>Full safety gear</td>
</tr>
<tr>
<td>Friendly contact</td>
</tr>
<tr>
<td>Combination</td>
</tr>
<tr>
<td>Form</td>
</tr>
<tr>
<td>Tae Geuk Sah Jhang</td>
</tr>
<tr>
<td>Self Defense</td>
</tr>
<tr>
<td>1-6 techniques</td>
</tr>
<tr>
<td>Ho Sin Sool 7-9</td>
</tr>
<tr>
<td>Breaking</td>
</tr>
<tr>
<td>Turning Whip kick</td>
</tr>
<tr>
<td>Knowledge</td>
</tr>
<tr>
<td>Taekyon &amp; Soobakhi</td>
</tr>
<tr>
<td>How do we make power?</td>
</tr>
<tr>
<td>Relaxation &amp; Strength</td>
</tr>
<tr>
<td>Exercises</td>
</tr>
<tr>
<td>The American Flag</td>
</tr>
<tr>
<td>Significance of</td>
</tr>
<tr>
<td>Tae Geuk</td>
</tr>
<tr>
<td>Sah Jhang</td>
</tr>
</tbody>
</table>
Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➢ To test: Your tuition payment must be on time.

High Green Belt (5th Kub) Study Guide

Taekyon & Soobakhi
The predecessor of Tae Kwon-Do

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 original 13 colonies
Red Symbolize courage, war, and blood
White Symbolize truth, freedom, and purity
Blue Symbolize justice and ambition

Tae Geuk 4-Jhang
Represents Thunder. It is fearful and sharp, even frightening. Perform this poomsae with a spirit of sincerity and calmness. (20 pooms)
Blue (4th Kub)

Review all High Green Belt requirements

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 even backward

**Practical:** Friendly contact with full safety gear

Drill

**Combination:** Roundhouse or Fast kick +/- 180 degree Tornado roundhouse kick

**Drill:** Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

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

Tae Geuk Oh Jhang

### Testing Requirements

<table>
<thead>
<tr>
<th><strong>Sparring</strong></th>
<th>Full safety gear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friendly contact</td>
<td></td>
</tr>
<tr>
<td>Combination</td>
<td></td>
</tr>
<tr>
<td><strong>Form</strong></td>
<td></td>
</tr>
<tr>
<td>Tae Geuk Oh Jhang</td>
<td></td>
</tr>
<tr>
<td><strong>Self Defense</strong></td>
<td></td>
</tr>
<tr>
<td>1-6 techniques</td>
<td></td>
</tr>
<tr>
<td><strong>Breaking</strong></td>
<td></td>
</tr>
<tr>
<td>Jump Front kick</td>
<td></td>
</tr>
<tr>
<td><strong>Knowledge</strong></td>
<td></td>
</tr>
<tr>
<td>Student Credo</td>
<td></td>
</tr>
<tr>
<td>Basics and Forms</td>
<td></td>
</tr>
<tr>
<td>One Steps / Promise Sparring</td>
<td></td>
</tr>
<tr>
<td>Stretching</td>
<td></td>
</tr>
<tr>
<td>Exercises</td>
<td></td>
</tr>
<tr>
<td>Significance of Tae Geuk</td>
<td></td>
</tr>
<tr>
<td>Oh Jhang</td>
<td></td>
</tr>
</tbody>
</table>
Self-Defense Week

One Step Self-Defense
1-6 techniques

Self-Defense
- Falling techniques (Front fall, Side fall, Back fall)
- Training drills in short distance and some floor exercises

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

Review Week
Reviewing all topics above (fast pace but good for all)

➢ To test: Your tuition payment must be on time.
Blue Belt (4\textsuperscript{th} Kub) Study Guide

Student Credo

\textit{(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 Tae Kwon-Do. 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-Jhang

Represents \textit{Wind}. It can be strong or weak. Begin this poomse like a breeze, then finish it like a strong wind. (20 pooms)
High Blue (3rd Kub)

Review all Blue Belt requirements

Safety Gear Week

Sparring

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

Drill

Combination: Turning whip kick +/ & Single switch +/ & Turning whip kick
Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

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

<table>
<thead>
<tr>
<th>Testing Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sparring</td>
</tr>
<tr>
<td>Full safety gear</td>
</tr>
<tr>
<td>Friendly contact</td>
</tr>
<tr>
<td>Combination</td>
</tr>
<tr>
<td>Form</td>
</tr>
<tr>
<td>Tae Geuk Yuk Jhang</td>
</tr>
<tr>
<td>Self Defense</td>
</tr>
<tr>
<td>1-6 techniques</td>
</tr>
<tr>
<td>Ho Sin Sool 10-12</td>
</tr>
<tr>
<td>Breaking</td>
</tr>
<tr>
<td>Flying Side kick</td>
</tr>
<tr>
<td>--or--</td>
</tr>
<tr>
<td>Running Step Side kick</td>
</tr>
<tr>
<td>Knowledge</td>
</tr>
<tr>
<td>The Significance of Blue Belt</td>
</tr>
<tr>
<td>The Five Tenets of Tae Kwon-Do</td>
</tr>
<tr>
<td>Basic Principle of Um &amp; Yang</td>
</tr>
<tr>
<td>Significance of Tae Geuk Yuk Jhang</td>
</tr>
</tbody>
</table>

Black Belt World Student Guide 41
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

Review Week
Reviewing all topics above (fast pace but good for all)

➢ To test: Your tuition payment must be on time.
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 Tae Kwon-Do 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-Jhang

Represents WATER. Water always runs from top to bottom, continuously without pausing, without obstruction. Body movements should be like the flow of water. (23 pooms)
Red (2nd Kub)

Review all High Blue Belt requirements

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

**Practical:** Friendly contact with full safety gear

Drill

**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 foot step back to be lined w/the other foot and execute the back kick

**Drill:** Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

**Stance:** Tiger stance
**Hand techniques:** 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

<table>
<thead>
<tr>
<th>Testing Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sparring</strong></td>
</tr>
<tr>
<td>Full safety gear</td>
</tr>
<tr>
<td>Friendly contact</td>
</tr>
<tr>
<td>Combinations</td>
</tr>
<tr>
<td><strong>Form</strong></td>
</tr>
<tr>
<td>Tae Geuk Chil Jhang</td>
</tr>
<tr>
<td><strong>Self Defense</strong></td>
</tr>
<tr>
<td>1-6 techniques</td>
</tr>
<tr>
<td><strong>Breaking</strong></td>
</tr>
<tr>
<td>Jump turning back kick</td>
</tr>
<tr>
<td><strong>Knowledge</strong></td>
</tr>
<tr>
<td>Basic Principles of Kee Energy</td>
</tr>
<tr>
<td>Significance of Tae Geuk Chil Jhang</td>
</tr>
</tbody>
</table>
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 kick
- Practice how to hold a target

Knowledge
Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➢ To test: Your tuition payment must be on time.
Red Belt (2nd Kub) Study Guide

Basic Principles of Kee Energy

Kee (energy) exists in the Universe. The whole Universe is composed of Kee (energy). The whole process of its creation, growth and decay is manipulated by the, harmony and principle of the Um & Yang.

In order to have a healthy body and mind, people need to gather vital Kee (energy) through effective methods of breathing. Using the nose for inhaling and exhaling is best recommended. The most beneficial way to breath is deeper, longer, gentler, quieter and smoother. Avoid chest breathing and practice abdominal breathing, which is the natural resting breath for human beings (like a newborn baby).

Abdominal conditioning is a necessary training regime in Korean Martial Arts. The lower abdomen, the life and energy source of the human body, is conditioned and strengthened by the combined effort of both external muscle exercise and the internal exercise of effective breathing.

Kee (energy) must be directed to the striking point and focused in the abdomen, while totally relaxing the rest of the body. This is the way that power is generated. Kee (energy) will flow more actively in a completely relaxed state and will ultimately contribute to greater flexibility, speed, quick reaction, increased endurance and power.

True happiness and better health begins by loving one's self, taking care of one's body through physical exercise, like Tae Kwon-Do, proper nutrition and Kee (energy) training. When a person has achieved happiness, he or she will positively influence harmony in one's family and society and contribute to national and international peace.

Tae Geuk 7-Jhang

Represents **KAN**, it means clean cut or stopping action. 25 pooms)
**High Red (1st Kub)**

Review all Red Belt requirements

## 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 + Shuffling backward + One step forward  
- Cut step + One step in + Shuffling backward  
- Running step + Shuffling backward + Reverse turning step

Kicking  
- Double kick  
- Shuffling step back + Double kick (Against Fast kick attack at close distance)

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

## 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

### Testing Requirements

<table>
<thead>
<tr>
<th>Category</th>
<th>Requirements</th>
</tr>
</thead>
</table>
| **Sparring**| Full safety gear  
Friendly contact  
Combinations  
- Footwork  
- Kicks |
| **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  
Chil Jhang |
Self-Defense Week

One Step Self-Defense
1-6 techniques (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**: 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

Review Week
Reviewing all topics above (fast pace but good for all)

➢ **To test**: Your tuition payment must be on time.
High Red Belt (1st Kub) Study Guide

Poomse (Pattern or Form)
A choreographed demonstration of the various kicks, blocks and hand techniques of Tae Kwon-Do, 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 Tae Kwon-Do 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 Il (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-Jhang
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 (Bo Dan)

Review all High Red Belt requirements

Safety Gear Week

Sparring

Theory: Basic understanding of counter attacking theory
- Systematic fighting like game of Rock, Paper & Scissors
- Time & space/striking & recovery phases
- Counter attack is the technique to take advantage of opponent's weak, empty, and vulnerable 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)

Basics and Forms Week

Basics

Hand techniques: Pushing log, Tiger mouth hand strike, Palm down knife hand block, Palm target side punch, Inner forearm double outside block

Kicks:
- Jump turning whip kick
- Double side kick
- 180 degree Tornado roundhouse kick initiated by (Roundhouse kick, Fast kick, Turning back)
- Initiated by 180 degree tornado roundhouse kick (Roundhouse, Turning back, Front leg drop kick, 180 degree Tornado, Double round air)

Form

Koryo

Exam Requirements

| Sparring | Full safety gear | Sparring 2 opponents |
| Basics & Forms | Tornado roundhouse kick and Jump turning whip kick | 10 Steps #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 11 member team |
| Knowledge | History of Tae Kwon-Do | Significance of Koryo Poomse |
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 [3] station maximum)
• Power
• Speed
• Jump

Leadership & Responsibilities
1. 26 leadership classes required
2. Form an eleven member organization (one of each ranking, must include one non-member)
   • Motivate and guide them in Tae Kwon-Do 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

Review and Others Week
Reviewing all topics above (fast pace but good for all)

Pre Exam
Requires total of three (3) pre exams (see exam chart)

➢ To test: Your tuition payment must be on time.
Deputy Black Belt (Bo Dan) Study Guide

History Of Tae Kwon-Do

All animals as well as human beings have strong instincts to protect themselves, so the origin of Tae Kwon-Do 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 record in Tae Kwon-Do we can find are in the royal tombs in Kogooryo dynasty in 37 BC. They are the paintings which show some of the Tae Kwon-Do postures. So Tae Kwon-Do is called the 2,000 year old ancient Korean martial art.

Here is some historical evidence of Tae Kwon-Do:

Kogooryo Dynasty (37 B.C. - 668)
Mural paintings show Tae Kwon-Do postures in this period.

Silla Dynasty (16 B.C. - 935)
Hwarang Do "youth organization" was created during the reign of king Jin Heung

(540 - 576)
Tae Kwon-Do was their main subject. Keumkang Yeok Sa "stone engravings" show Tae Kwon-Do postures.

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

Koryo (918 - 1392)
Special military general was chosen from Tae Kwon-Do practitioners.

Yi (Lee) Dynasty (1392 - 1910)
Mooye Dobo Tongjee- The first martial arts text book (1790). Handed down Tae Kwon-Do through Kogooryo, Silla, Baekjae, and Koryo. It was deeply rooted in the Yi Dynasty era and scientifically systemized.

Japanese rule (1910-1945)
Korea was colonized by Japan.
No Korean martial arts were allowed to practice.

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

1955
The birth of the name Tae Kwon-Do

In the 1970s The birth of sports Tae Kwon-Do

In the mid 1970s Started attracting younger ages in DoJhangs

In the early 1980s The Olympic movement started.
Universities in Korea started offering Tae Kwon-Do as one of the fields to major.

2000 Tae Kwon-Do became an official Olympic 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

<table>
<thead>
<tr>
<th>Sparring</th>
<th>Forms</th>
<th>Self Defense</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Belt</td>
<td>10 Steps #1</td>
<td>White Belt</td>
</tr>
<tr>
<td>through High</td>
<td>and #2</td>
<td>1-5 techniques</td>
</tr>
<tr>
<td>Yellow Belt</td>
<td>Tae Geuk</td>
<td>Yellow Belt</td>
</tr>
<tr>
<td>Combinations</td>
<td>IL Jhang</td>
<td>1-6 techniques</td>
</tr>
<tr>
<td></td>
<td>Tae Geuk</td>
<td>Ho Sin Sool 1-6</td>
</tr>
<tr>
<td></td>
<td>EE Jhang</td>
<td></td>
</tr>
</tbody>
</table>

### Green/Blue Pre-Exam Requirements

<table>
<thead>
<tr>
<th>Sparring</th>
<th>Forms</th>
<th>Self Defense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Belt</td>
<td>Tae Geuk</td>
<td>Red Belt</td>
</tr>
<tr>
<td>through High</td>
<td>Sahm Jhang</td>
<td>through Deputy</td>
</tr>
<tr>
<td>Blue Belt</td>
<td>Tae Geuk</td>
<td>Belt</td>
</tr>
<tr>
<td>Combinations</td>
<td>Sah Jhang</td>
<td>Combinations</td>
</tr>
<tr>
<td></td>
<td>Tae Geuk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oh Jhang</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tae Geuk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yuk Jhang</td>
<td></td>
</tr>
</tbody>
</table>

### Red/Black Pre-Exam Requirements

<table>
<thead>
<tr>
<th>Sparring</th>
<th>Forms</th>
<th>Self Defense</th>
</tr>
</thead>
<tbody>
<tr>
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