

Hand technique	Foot technique	Stances	Forms	Self Defense	Terminology	Sparring	Breaking
White Belt Block-low, middle, high Hammer fist Punch middle, high (single,double,triple)	Front kick Round kick Side kick	Attention Ready Walking/sparring Horse Bow Front	Taeguk Zero and it's meaning	1 wrist 1 Do-bok	Count 1-10 Tenets of T.K.D.	Single target free sparring 1 minute	BOARD AS DIRECTED
Yellow Belt Middle block (In to Out) Elbow strike Punch combinations (forward, reverse)	Axe Kick Back kick Quick kick (front leg) Swing/Crescent kick (In to Out)	Switch Back	Taeguk Il Jang and it's meaning	2 wrist 2 Do-bok Side Fall (low) back Fall (low) Front fall (low)	Student Oath Count-20 Kicks Basic class commands	free spar 3 Step Single target 2 minutes	BOARD AS DIRECTED
Orange Belt Knife hand strike Hook punch	Turning round kick Stepping kick (side) Swing/Crescent kick (Out to In)	Side	Taeguk Ee Jang and it's meaning	2 wrist 2 Do-bok 1 back	Stances Basic Anatomy	3 Step free spar dual target 2 minutes	BOARD(S) AS DIRECTED
Green Belt Augmented block (In to out Outward middle block) Uppercut	Jumping front kick Hook kick	Back	Taeguk Sam Jang and it's meaning	2 wrist 2 Do-bok 2 back shoulder roll	Count to 30 Korean Flag Symbols	3 Step Dual target 2 minutes Free spar 1 opponent 1 minute	BOARD(S) AS DIRECTED
Blue Belt Spear Hand Knife hand guard Palm block Ridge Hand	Double kick 2 legs Double kick 1 leg Spin back kick Jumping/Flying side kick Whip kick	Back stance with kick Side stance with kick	Taeguk Sa Jang and it's meaning	2 wrist 3 Do-bok 2 back	Count to 40 Trigrams	3 Step Dual target 2 minutes Free spar 1 opponenet 2 minutes	BOARD(S) AS DIRECTED
Purple Belt Back fist Elbow strike front Elbow strike back	Spinning Whip kick Jumping turn kick Jumping back kick spinning hook kick	"L" "X"	Taeguk Oh Jang and it's meaning	1 wrist throw 1 do-bok thow Bear hug -Front Bear hug-Rear	All Basic terminology	3 step dual target 3 minute Free spar 1 opponent 3 minutes	BOARD(S) AS DIRECTED
Brown Belt Hinge X-block low X-block high Elbow Strike up Elbow Strike down	Reverse round kick Spinning Swing/Crescent kick Knee strike Combination kicks	Cat Stance	Taeguk Uke Jang and it's meaning	Initiate Arm Lock Initiate Leg Lock Defend Head lock Defend Full Nelson Defend Choke	Blocks Direction	3 step Free spar 1 opponent 2 minutes 2 opponents 1 minute	BOARD(S) AS DIRECTED
Red Belt Tiger mouth Cutter block	Simultaneous front kicks Knee strike side Knee strike down Knee strike up Jump spin back kick Jump spin swing kick	Hip throw Meditation seated	Taeguk Chil Jang and it's meaning	Defend knife Stick defend	Sparing gear All kicks Referee	3 Step Free Spar 1 opponent 2 minutes 2 opponents 2 minutes	BOARD(S) AS DIRECTED
Red/Black Belt Reverse knife hand Reverse ridge hand	Sliding side kick Sliding back kick Jumping Axe kick	Dan Jun breathing	Taeguk Pal Jang and it's meaning Explanation of all forms	Multiple attackers while standing and seated Front fall high Side fall high Back fall high high shoulder roll	All Advanced terminology All Sparring terminology	3 Step Free Spar 1 opponent 3 minutes 2 opponents 2 minutes 3 opponents 1 minute	BOARDS DEMO MULTI BOARD BRICK (OPTIONAL)

