

*Beginner Levels*

	White Belt to Yellow Tags	Yellow Tags to Yellow Belt	Yellow Belt to Green Tags	Green Tags to Green Belt
	10th kup to 9th kup	9th kup to 8th kup	8th kup to 7th kup	7th kup to 6th kup
<b>Line Work</b>	Parallel stance middle punch	Walking stance outer forearm low block, reverse punch	L-stance knife hand guarding block	Walking stance outer forearm high side block, reverse punch
	Parallel stance rising block	Front snap kick, double punch (Fast motion)	L-stance twin forearm block	Walking stance straight finger tip thrust
	Sitting stance middle punch	L-stance inner forearm middle block, walking stance reverse punch	Walking stance outer forearm low block, outer forearm rising block (Continuous motion)	Walking stance back fist high side strike
	Sitting stance double punch (Fast motion)			
	Walking stance inner forearm middle block			
	Walking stance outer forearm low block			
<b>Kicking Combinations</b>	Walking ready stance front snap kick	Turning Kick	Front snap kick, double turning kick	Front snap kick, turning kick, side piercing kick
	Walking ready stance rising kick	Front snap kick, turning kick	Side piercing kick	Double side piercing kick
	Sitting ready stance side piercing kick	Jumping front snap kick	Jumping turning kick	Jumping side piercing kick
<b>Patterns</b>	Saju Jirugi (14)	Chon Ji (19)	Dan Gun (21)	Do San (24)
<b>Partner Work</b>	Kick for kick	2 kicks for kicks	Jumping kick for jumping kick	2 jumping kicks for 2 jumping kicks
<b>Theory</b>	Who founded Taekwon-Do?	What does Chon Ji mean?	What does Dan Gun mean?	What does Do San mean?
	What does white belt signify?	How many moves are in Chon-Ji?	How many moves are in Dan Gun?	How many moves are in Do San?
	What are the 5 tenets of Taekwon- Do?	What is the weight distribution for L-stance?	Name 3 hand parts in Korean	What is fast motion?
	Where is Taekwon-Do from?	Name 5 stances in Korean	What is a twin forearm block used for?	What is a wedging block used for?
	What are the Korean terms for Kick, Block and Punch?	What does yellow belt signify?	What is continuous motion?	What does green belt signify?

*Intermediate Levels*

	Green Belt to Blue Tags	Blue Tags to Blue Belt	Blue Belt to Red Tags
	6th kup to 5th kup	5th kup to 4th kup	4th kup to 3rd kup
<b>Fitness Test</b>	10 burpees, 50 mountain climbers, 50 star jumps and 60s plank	15 burpees, 75 mountain climbers, 60 star jumps and 75s plank	20 burpees, 100 mountain climbers, 70 star jumps and 90s plank
<b>Line Work</b> <b>(Examiner chooses three)</b>	Niunja so sang palmok makgi, sonkal anuro napunde taerigi	Annun so kaunde jirugi (measure), doo jirugi.	Niunja so sonkal dung kaunde makgi
	Niunja so sonkal anuro napunde taerigi, gojung so kaunde jirugi	Gunnan so sonbadak golcho makgi, bandae sonbadak golcho makgi, baro jirugi	Dwit bal so sonbadak ollyo makgi
	Guburyo so, yop cha jirugi, niunja so sonkal daebi makgi	Guburyo so, yop cha jirugi, gunnan so ap palkup taerigi	Niunja so sonkal daebi makgi, gunnan so wi palkup taerigi
	Dollymio makgi	Niunja so san sonkal makgi	Gunnan so sang joomuk sewo jirugi
	Najunde ap cha busigi, gunnan so bandae jirugi	Kyocha so dung joomuk yop taerigi	Niunja so dung joomuk taerigi, jap yul sul tae, gunnan so bandae napunde jirugi
	Niunja so palmok daebi makgi	Gunnan so doo palmok napunde yop makgi	Gojung so digutcha makgi
<b>Kicking Combinations</b> <b>(Examiner chooses three)</b>	Hooking kick, turning kick	Downward kick	LL turning kick, BL reverse turning kick
	Back piercing kick, side piercing kick	Reverse turning kick	Reverse turning kick, side piercing kick
	LL hooking kick, BL jumping turning kick	Jumping back piercing kick	Side piercing kick, front snap kick, hooking kick
	Front snap kick, jumping front snap kick	Turning kick, jumping turning kick	Front snap kick, downward kick
	Slow motion side piercing kick	Slow motion double side piercing kick	Side piercing kick, jumping side piercing kick
	Two height side piercing kick	Crescent kick	Slow motion reverse turning kick
<b>Patterns</b>	Up to and including Won Hyo (28)	Up to and including Yul Gok (38)	Up to and including Joong Gun (32)
<b>Partner Work</b>	Demonstration of sparring drills plus 5 x 90s of free sparring	Demonstration of sparring drills plus 5 x 90s of free sparring	Demonstration of sparring drills plus 5 x 90s of free sparring
<b>Theory</b> <b>(Examiner chooses three, plus one question from a lower grade syllabus)</b>	What does Won Hyo mean?	What does Yul Gok mean?	What does Joong Gun mean?
	How many moves are in Won Hyo?	How many moves are in Yul Gok?	How many moves are in Joong Gun?
	Describe fixed stance	What is connecting motion?	What is U-shape block used for?
	What is a circular block used for?	What is a palm hooking block used for?	What does red belt signify?
	Name 5 blocks in Korean	What does blue belt signify?	Name 3 strikes in Korean
	What height are the side piercing kicks in Won Hyo?	What height are the front snap kicks in Yul Gok?	Describe rear foot stance
	Is circular block half facing or full facing?	Do you jump for distance or height when landing in the X stance back fist strike in Yul Gok?	Describe slow motion

## Advanced Levels

Red Tags to Red Belt		Red Belt to Black Tags
3rd kup to 2nd kup		2nd kup to 1st kup
<b>Additional Work</b>	Help a lower graded student by providing two 15 minute private lessons during class time	Help a lower graded student by providing a two 15 minute private lessons during class time
	Teach the first 15 minutes of a class, including 5 minutes of warming up exercises and 10 minutes of technical training	Teach the first 15 minutes of a class, including 5 minutes of warming up exercises and 10 minutes of pad work
		Help to officiate at a tournament
		Help to officiate at a grading
<b>Fitness Test</b>	25 burpees, 150 mountain climbers, 80 star jumps and 120s plank	30 burpees, 200 mountain climbers, 90 star jumps and 180s plank
<b>Line Work</b> (Examiner chooses three)	Niunja so an palmok kaunde makgi, gunnan so dwijibo sunkut tulgi	Annun so sonbadak miro magki
	Gunnan so kyocha joomuk noolo makgi, sang joomuk sewo jirugi	Niunja so ollyo jirugi
	Kaunde ap cha busigi, baro jirugi	Soojik so sonkal naeryo taerigi
	Annun so san makgi	Gunnan so kaunde jirugi - yop cha jirugi, niunja so sonkal yop taerigi
	Niunja so doo palmok najunde miro makgi	Niunja so baro jirugi
	Gunnan so open sunkut tulgi	Niunja so yop palkup tulgi
<b>Kicking Combinations</b> (Examiner chooses three)	LL side piercing kick, BL back piercing kick, side piercing kick	Jumping reverse turning kick
	LL turning kick, BL spinning hooking kick, turning kick	Reverse turning kick, triple side piercing kick
	Crescent kick, side piercing kick	Jumping double turning kick
	Three height turning kick	Twin front snap kick
	LL downward kick, BL jumping downward kick	Twisting kick
	Jumping double front snap kick	Pressing kick, side piercing kick
<b>Patterns</b>	Up to and including Toi Gye (37)	Up to and including Hwa Rang (29)
<b>Partner Work</b>	Demonstration of sparring drills plus 5 x 90s of free sparring	Demonstration of sparring drills plus 5 x 90s of free sparring
<b>Theory</b> (Examiner chooses three, plus one question from a lower grade syllabus)	What does Toi Gye mean?	What does Hwa Rang mean?
	How many moves are in Toi Gye?	How many moves are in Hwa Rang?
	Name 5 kicks in Korean	Describe vertical stance
	Do you jump for height or for distance when performing the X stance X fist pressing block in Toi Gye?	What does black belt signify?
	What is 'knee' in Korean?	Name as many hand parts as you can, in Korean, in one minute
	Name the 3 kicks in Toi Gye (English or Korean)	Name as many foot parts as you can, in Korean, in one minute
Name the tenets of Taekwon-Do in Korean	Name as many stances as you can, in Korean, in one minute	