



TAEKWONDO

Belt Curriculum & Testing Requirements





BHAKTA'S TAEKWONDO

Belt Curriculum & Testing Requirements

The Taekwondo Oath

I shall observe the tenets of Taekwondo

I shall respect my instructors and seniors

I will never misuse Taekwondo

I shall build a more peaceful world

The Tenets of Taekwondo

- **Courtesy**

Courtesy, known as Ye-Ui, encompasses qualities like kindness, humility, good manners, politeness, and respect.

- **Integrity**

Integrity, also called Yom-Chi, means being honest, straightforward, pure, morally sound, and upright. It's about always being truthful with yourself and others.

- **Perseverance**

Perseverance, known as In-Nae in Korean, means staying determined and focused on your goals despite obstacles, challenges, and temporary setbacks. It's about having a strong will to keep going and remaining loyal to your practice.

- **Self-control**

Self-control in Tae Kwon Do, or Guk-Gi, means controlling movements to prevent injuries and behaving responsibly. It also includes managing strong emotions like love, hate, anger, and joy, which shows a practitioner's progress. This discipline helps develop an indomitable spirit in daily life.

- **Indomitable Spirit**

Indomitable Spirit, or Baekjul-Bool Gool in Korean, means being unconquerable and unwavering. It's about having strong beliefs and principles that you're willing to defend at any cost, like the story of Leonidas and the 300 Spartans at Thermopylae.



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| Level | Rank | poomsae | Taeguek (Korean names) | Symbols/ Element | Meaning |
|--------------------------|--------------------------|---------|---------------------------|---------------------|--|
| 10 th Geup | White Belt | ----- | ----- | ----- | Innocence: the beginning student who has no previous knowledge of Taekwondo. |
| 9 th Geup | <u>Yellow Stripe</u> | 1 | Taeguek Il Jang | Heaven | |
| 8 th Geup | Yellow Belt | 2 | Taeguek Ee Jang | Joy | Earth: Just like a plant grows roots, in taekwondo we start building roots of strong basics. |
| 7 th Geup | <u>Green Stripe</u> | 3 | Taeguek Sam Jang | Fire | |
| 6 th Geup | Green Belt | 4 | Taeguek Sa Jang | Thunder | |
| 5 th Geup | <u>Blue Stripe</u> | 5 | Taeguek Oh Jang | Wind | Wood: Wood represents growth as students begin to develop their taekwondo skills. |
| 4 th Geup | Blue Belt | 6 | Taeguek Yook Jang | Water | |
| 3 rd Geup | <u>Red Stripe</u> | 7 | Taeguek Chill Jang | Mountain | Heaven: Heaven represents reaching a higher level as training progresses. |
| 2 nd Geup | Red Belt | 8 | Taeguek Pal Jang | Earth | |
| 1 st Geup | <u>Black Stripe</u> | 9 | Taeguek Koreo | ----- | Danger: Reminds students to use control, stay careful & respect their opponent. |

TRAINING PERIODS

There is a minimum training period requirement between gradings. Minimum training is classed as attending training sessions twice per week. Students must check with their instructor before applying to grade.

Between 10th and 6th Geup - Two Months

Between 5th and 3rd Geup - Four Months

Between 2nd and 1st Geup - Six months

1-10 in Korean:

1 = hanna 2 = dool 3 = set 4 = net 5 = tda-suht 6 = ya-soht 7 = il-gop 8 = ya-dool
9 = a-hup 10 = yool

White Belt Curriculum (6 years and under)

| Hand Techniques | |
|---|--|
| <i>(olgul-jireugi)</i> High punch | <i>(Arae-Jireugi)</i> Lower punch |
| <i>(Momtong-jireugi)</i> Middle punch | |
| Kicks | |
| <i>(Back leg Ap-Chagi)</i> Back leg Front Kick | |
| Footwork/ Stepping's | |
| Single hop front | Single Hop Back |
| Stances | |
| <i>(Pyeoni-sogi)</i> Stand at ease | <i>(Ap Sogi)</i> Walking stance |
| <i>(Charyot)</i> Attention | <i>(Joonbi)</i> Fighting Stance/Poomsae |
| <i>(Kyong-Ye)</i> Bow | <i>(Barro)</i> Return to ready stance |

Level 1: White Belt – Yellow Bar Curriculum

| Hand Techniques | | |
|---|--|-------------------------------|
| <i>(olgul-jireugi)</i> High punch | <i>(Arae-makgi)</i> Lower Block | |
| <i>(Momtong-jireugi)</i> Middle punch | <i>(Arae-Jireugi)</i> Lower punch | |
| Kicks | | |
| <i>(Back leg Ap-Chagi)</i> Back leg Front Kick | | |
| <i>(Back leg Dolleyo- Chagi)</i> Back leg Round House kick | | |
| Il Jang (Poomsae 1) – First 5 Steps | | |
| Footwork/ Stepping's | | |
| Single/ Double hop front | Step Forward | Single/Double hop back |
| Stances | | |
| <i>(*ability to switch from one stance to another smoothly)</i> | | |
| <i>(Pyeoni-sogi)</i> Stand at ease | <i>(Barro)</i> Return to ready stance | |
| <i>(Charyot)</i> Attention | <i>(Ap Sogi)</i> Walking stance | |
| <i>(Kyong-Ye)</i> Bow | <i>(Ap-Kubi)</i> Forward stance | |
| <i>(Joonbi)</i> Fighting Stance/Poomsae | <i>(Juchum Sogi)</i> Riding stance | |
| Theory Question | | |
| Recite the Taekwondo Oath - At least 1 line | Name one of "The 5 Tenets of Taekwondo" | |

Level 2: White Belt – Green Bar Curriculum

| Hand Techniques | |
|---|--|
| <i>(olgul-jireugi)</i> High punch | <i>(Arae-makgi)</i> Lower Block |
| <i>(Momtong-jireugi)</i> Middle punch | <i>(Arae-Jireugi)</i> Lower punch |
| <i>(Momtong makki)</i> Middle Block | |
| Kicks | |
| <i>(Back leg Ap-Chagi)</i> Back leg Front Kick | |
| <i>(Back leg Dolleyo- Chagi)</i> Back leg Round House kick | |
| <i>(An Chagi)</i> Outside to Inside Crescent Kick | |
| Il Jang (Poomsae 1) – First 10 Steps | |
| Footwork/ Stepping's | |
| Single/ Double hop front | Single/Double hop back |
| Step Forward | Step Backward |
| Stances | |
| <i>(*ability to switch from one stance to another smoothly)</i> | |
| <i>(Pyeoni-sogi)</i> Stand at ease | <i>(Barro)</i> Return to ready stance |
| <i>(Charyot)</i> Attention | <i>(Ap Sogi)</i> Walking stance |
| <i>(Kyong-Ye)</i> Bow | <i>(Ap-Kubi)</i> Forward stance |
| <i>(Joonbi)</i> Fighting Stance/Poomsae | <i>(Juchum Sogi)</i> Riding stance |
| <i>(Ap-Kubi)</i> Forward stance | |
| Theory Question | |
| Recite the Taekwondo Oath - Atleast 2 line | Name two of “The 5 Tenets of Taekwondo” |

Level 3: White Belt – Blue Bar Curriculum

| Hand Techniques | |
|---|--|
| <i>(olgul-jireugi)</i> High punch | <i>(Arae-makgi)</i> Lower Block |
| <i>(Momtong-jireugi)</i> Middle punch | <i>(Arae-Jireugi)</i> Lower punch |
| <i>(Momtong makki)</i> Middle Block | <i>(Olgul-bakkat-makgi)</i> Higher Block |
| Kicks | |
| <i>(Back leg Ap-Chagi)</i> Back leg Front Kick | |
| <i>(Back leg Dolleyo- Chagi)</i> Back leg Round House kick | |
| <i>(An Chagi)</i> Outside to Inside Crescent Kick | |
| <i>(Bakkat Chagi)</i> Inside to Outside Crescent Kick | |
| Il Jang (Poomsae 1) – First 14 Steps | |
| Footwork/ Stepping's | |
| Single/ Double hop front | Single/Double hop back |
| Step Forward | Step Backward |
| Stances | |
| <i>(*ability to switch from one stance to another smoothly)</i> | |
| <i>(Pyeoni-sogi)</i> Stand at ease | <i>(Barro)</i> Return to ready stance |
| <i>(Charyot)</i> Attention | <i>(Ap Sogi)</i> Walking stance |
| <i>(Kyong-Ye)</i> Bow | <i>(Ap-Kubi)</i> Forward stance |
| <i>(Joonbi)</i> Fighting Stance/Poomsae | <i>(Juchum Sogi)</i> Riding stance |
| Theory Question | |
| Recite the Taekwondo Oath - Atleast 3 line | Name three of "The 5 Tenets of Taekwondo" |

Level 4: White Belt – Red Bar Curriculum

| Hand Techniques | |
|---|---|
| <i>(olgul-jireugi)</i> High punch | <i>(Arae-makgi)</i> Lower Block |
| <i>(Momtong-jireugi)</i> Middle punch | <i>(Arae-Jireugi)</i> Lower punch |
| <i>(Momtong makki)</i> Middle Block | <i>(Olgul-bakkat-makgi)</i> Higher Block |
| Kicks | |
| <i>(Back leg Ap-Chagi)</i> Back leg Front Kick | |
| <i>(Back leg Dolleyo- Chagi)</i> Back leg Round House kick | |
| <i>(An Chagi)</i> Outside to Inside Crescent Kick | |
| <i>(Bakkat Chagi)</i> Inside to Outside Crescent Kick | |
| Il Jang (Poomsae 1) – Start to Finish (total 16 steps) | |
| Footwork/ Stepping's | |
| Single/ Double hop front | Single/Double hop back |
| Step Forward | Step Backward |
| Stances | |
| <i>(*ability to switch from one stance to another smoothly)</i> | |
| <i>(Pyeoni-sogi)</i> Stand at ease | <i>(Barro)</i> Return to ready stance |
| <i>(Charyot)</i> Attention | <i>(Ap Sogi)</i> Walking stance |
| <i>(Kyong-Ye)</i> Bow | <i>(Ap-Kubi)</i> Forward stance |
| <i>(Joonbi)</i> Fighting Stance/Poomsae | <i>(Juchum Sogi)</i> Riding stance |
| Theory Question | |
| Recite the Taekwondo Oath | Name “The 5 Tenets of Taekwondo” |

White Belt Curriculum: 10th Geup

| Stances | |
|---|-------------------------------------|
| <i>(*ability to switch from one stance to another smoothly)</i> | |
| (Joonbi) Fighting Stance/Poomsae ready | (Ap-Kubi) Forward stance |
| (Ap Sogi) Walking stance | (Juchum Sogi) Riding stance |
| Hand Techniques | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | |
| Footwork/ Stepping's | |
| Single/ Double hop front | Step Forward |
| Single/Double hop back | Step Backward |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | |
| II Jang Poomsae 1 | |
| Taeguk-1 II Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "White Belt - 10th Geup" | |

Yellow Stripe Curriculum: 9th Geup

| Stances | |
|---|-------------------------------------|
| <i>(*ability to switch from one stance to another smoothly)</i> | |
| (Joonbi) Fighting Stance/Poomsae ready | (Ap-Kubi) Forward stance |
| (Ap Sogi) Walking stance | (Juchum Sogi) Riding stance |
| Hand Techniques | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| Footwork/ Stepping's | |
| Single/ Double hop front | Step Forward |
| Single/Double hop back | Step Backward |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | |
| (An Chagi) Outside to Inside Crescent Kick | |
| (Bakkat Chagi) Inside to Outside Crescent Kick | |
| II Jang Poomsae 1 | |
| Taeguk-1 II Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Yellow Stripe - 9th Geup" | |

Yellow Belt Curriculum: 8th Geup

| Stances | |
|--|---------------------------------------|
| <i>(*work on perfection)</i> | |
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| Hand Techniques | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| Footwork/ Stepping's | |
| Single/ Double hop front | Step Forward |
| Single/Double hop back | Step Backward |
| Slide Forward | Slide Backward |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | |
| (An Chagi) Outside to Inside Crescent Kick | |
| (Bakkat Chagi) Inside to Outside Crescent Kick | |
| (Nareyo Chagi) Axe Kick | |
| Poomsae | |
| Taeguek-1 Il Jang to Taeguek-2 Ee Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Yellow Belt - 8th Geup" | |

Green Stripe Curriculum: 7th Geup

| Stances <i>(*work on perfection)</i> | |
|--|---|
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| (dwi-kubi) Back Stance | (naranhi-sogi) Parallel Stance |
| Hand Techniques | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| (sonnal-an-chigi) Inner Knife Hand Strike | (sonnal-an-makgi) Outward Knife hand Block |
| Footwork/ Stepping's | |
| Single/ Double hop front | Slide Forward |
| Single/Double hop back | Slide Backward |
| Step Forward | Skip Step |
| Step Backward | Lateral Slide |
| 45° Angle Slide | |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | (Bakkat Chagi) Inside to Outside Crescent Kick |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | (Nareyo Chagi) Axe Kick |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | (Ballbut-yeo Dolleyo-chagi) Skip Step Roundhouse |
| (An Chagi) Outside to Inside Crescent Kick | |
| Poomsae | |
| Taeguek-1 Il Jang to Taeguek-3 Sa Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Green Stripe - 7th Geup" | |

Green Belt Curriculum: 6th Geup

| Stances <i>(*work on perfection)</i> | |
|---|--|
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| (dwi-kubi) Back Stance | (naranhi-sogi) Parallel Stance |
| Hand Techniques | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| (sonnal-an-chigi) Inner Knife Hand Strike | (sonnal-an-makgi) Outward Knife hand Block |
| (kodureo-sewo-jjireugi) Supporting Spear hand strike | (sonnal-kodureo-makgi) Supported Knife Hand Outward Block |
| Back Fist Strike | (momtong-bakkat-makgi) Outer Middle Block |
| (jebipoom-sonnal-an-chigi) Swallow hand blade block inward | |
| Footwork/ Stepping's | |
| Single/ Double hop front | Slide Forward |
| Single/Double hop back | Slide Backward |
| Step Forward | Lateral Slide |
| Step Backward | 45° Angle Slide |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | (Bakkat Chagi) Inside to Outside Crescent Kick |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | (Nareyo Chagi) Axe Kick |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | (Ballbut-yeo Dolleyo-chagi) Skip Step Roundhouse |
| (An Chagi) Outside to Inside Crescent Kick | (Dwit Chagi) Back Kick |
| Poomsae | |
| Taeguek-1 Il Jang to Taeguek-4 Sa Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Green Belt - 6th Geup" | |

Additional: Have a full set of gear and at least 1 tournament experience

Blue Stripe Curriculum: 5th Geup

| Stances <i>(*work on perfection)</i> | |
|---|--|
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| (dwi-kubi) Back Stance | (naranhi-sogi) Parallel Stance |
| (wen-sogi) Left Side L Shape Stance | (dwi-koa-sogi) Rear Cross Stance |
| (oreun-sogi) Right Side L Shape Stance | |
| Hand Techniques | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| (sonnal-an-chigi) Inner Knife Hand Strike | (sonnal-an-makgi) Outward Knife hand Block |
| (kodureo-sewo-jjireugi) Supporting Spear hand strike | (sonnal-kodureo-makgi) Supported Knife Hand Outward Block |
| Back Fist Strike | (momtong-bakkat-makgi) Outer Middle Block |
| (jebipoom-sonnal-an-chigi) Swallow hand blade block inward | Target Elbow Strike |
| Hammer Fist Downward Strike | Assisted Elbow Hook |
| Footwork/ Stepping's <i>(*Combine Mutiple Stepping's)</i> | |
| Single/ Double hop front | Slide Forward |
| Single/Double hop back | Slide Backward |
| Step Forward | Lateral Slide |
| Step Backward | 45° Angle Slide |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | (Bakkat Chagi) Inside to Outside Crescent Kick |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | (Nareyo Chagi) Axe Kick |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | (Ballbut-yeo Dolleyo-chagi) Skip Step Roundhouse |
| (An Chagi) Outside to Inside Crescent Kick | (Dwit Chagi) Back Kick |
| (Double Dolleyo- Chagi) Double Round House kick | |
| Poomsae | |
| Taeguk-1 Il Jang to Taeguk-5 Oh Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Blue Stripe - 5th Geup" | |

Additional: Have a full set of gear and at least 1 tournament experience

Blue Belt Curriculum: 4th Geup

| Stances (*work on perfection) | |
|--|--|
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| (dwi-kubi) Back Stance | (naranhi-sogi) Parallel Stance |
| (wen-sogi) Left Side L Shape Stance | (dwi-koa-sogi) Rear Cross Stance |
| (oreun-sogi) Right Side L Shape Stance | (beom-sogi) Cat / Tiger Stance |
| Hand Technique (*work on perfection) | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| (sonnal-an-chigi) Inner Knife Hand Strike | (sonnal-an-makgi) Outward Knife hand Block |
| (kodureo-sewo-jjireugi) Supporting Spear hand strike | (sonnal-kodureo-makgi) Supported Knife Hand Outward Block |
| Back Fist Strike | (momtong-bakkat-makgi) Outer Middle Block |
| (jebipoom-sonnal-an-chigi) Swallow hand blade block inward | Target Elbow Strike |
| Hammer Fist Downward Strike | Assisted Elbow Hook |
| (arae-hecho-makgi) Trunk Push Low Block | (Olgul-bakkat-makgi) High Outside Block |
| (batangson-an-makgi) Palm Heel Inward Block | |
| Footwork/ Stepping's (*Combine Mutiple Stepping's + Speed) | |
| Single/ Double hop front | Slide Forward |
| Single/Double hop back | Slide Backward |
| Step Forward | Lateral Slide |
| Step Backward | 45° Angle Slide |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | (An Chagi) Outside to Inside Crescent Kick |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | (Bakkat Chagi) Inside to Outside Crescent Kick |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | (Nareyo Chagi) Axe Kick |
| (Ballbut-yeo Dolleyo-chagi) Skip Step Roundhouse | (Dwit Chagi) Back Kick |
| (Double Dolleyo- Chagi) Double Round House kick | (Hureyo- Chagi) Spinning Hook kick |
| (Appal Dolleyo-Chagi) Lead Leg Sliding Roundhouse | 360 Turn Roundhouse |
| Poomsae | |
| Taeguek-1 Il Jang to Taeguek-6 Yook Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Blue Belt - 4th Geup" | |

Additional: Have a full set of gears and at least 2 tournament experience

Red Stripe Curriculum: 3rd Geup

| Stances <i>(*work on perfection)</i> | |
|---|--|
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| (dwi-kubi) Back Stance | (naranhi-sogi) Parallel Stance |
| (wen-sogi) Left Side L Shape Stance | (dwi-koa-sogi) Rear Cross Stance |
| (oreun-sogi) Right Side L Shape Stance | (beom-sogi) Cat / Tiger Stance |
| Hand Technique <i>(*work on perfection)</i> | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| (sonnal-an-chigi) Inner Knife Hand Strike | (sonnal-an-makgi) Outward Knife hand Block |
| (kodureo-sewo-jjireugi) Supporting Spear hand strike | (sonnal-kodureo-makgi) Supported Knife Hand Outward Block |
| Back Fist Strike | (momtong-bakkat-makgi) Outer Middle Block |
| (jebipoom-sonnal-an-chigi) Swallow hand blade block inward | Target Elbow Strike |
| Hammer Fist Downward Strike | Assisted Elbow Hook |
| (arae-hecho-makgi) Trunk Push Low Block | (Olgul-bakkat-makgi) High Outside Block |
| (batangson-an-makgi) Palm Heel Inward Block | (kawi-makgi) Scissor Block |
| Outside Wrist Double Block | Supported Knife Hand Downward Block |
| Hammer Fist Outward Strike | Palm Heel Assisted Block |
| Footwork/ Stepping's <i>(*Combine Mutiple Stepping's + Speed)</i> | |
| Single/ Double hop front | Slide Forward |
| Single/Double hop back | Slide Backward |
| Step Forward | Lateral Slide |
| Step Backward | 45° Angle Slide |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | (An Chagi) Outside to Inside Crescent Kick |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | (Bakkat Chagi) Inside to Outside Crescent Kick |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | (Nareyo Chagi) Axe Kick |
| (Ballbut-yeo Dolleyo-chagi) Skip Step Roundhouse | (Dwit Chagi) Back Kick |
| (Double Dolleyo- Chagi) Double Round House kick | (Hureyo- Chagi) Spinning Hook kick |
| (Appal Dolleyo-Chagi) Lead Leg Sliding Roundhouse | 360 Turn Roundhouse |
| Poomsae | |
| Taeguek-1 Il Jang to Taeguek-7 Chill Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Red Stripe - 3rd Geup" | |

Additional: Mandatory gears and minimum 2 tournament experience

Red Belt Curriculum: 2nd Geup

| Stances (*work on perfection) | |
|--|--|
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| (dwi-kubi) Back Stance | (naranhi-sogi) Parallel Stance |
| (wen-sogi) Left Side L Shape Stance | (dwi-koa-sogi) Rear Cross Stance |
| (oreun-sogi) Right Side L Shape Stance | (beom-sogi) Cat / Tiger Stance |
| Hand Technique (*work on perfection) | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgu-makgi) Higher Block |
| (sonnal-an-chigi) Inner Knife Hand Strike | (sonnal-an-makgi) Outward Knife hand Block |
| (kodureo-sewo-jjireugi) Supporting Spear hand strike | (sonnal-kodureo-makgi) Supported Knife Hand Outward Block |
| Back Fist Strike | (momtong-bakkat-makgi) Outer Middle Block |
| (jebipoom-sonnal-an-chigi) Swallow hand blade block inward | Target Elbow Strike |
| Hammer Fist Downward Strike | Assisted Elbow Hook |
| (arae-hecho-makgi) Trunk Push Low Block | (Olgu-bakkat-makgi) High Outside Block |
| (batangson-an-makgi) Palm Heel Inward Block | (kawi-makgi) Scissor Block |
| Outside Wrist Double Block | Supported Knife Hand Downward Block |
| Hammer Fist Outward Strike | Palm Heel Assisted Block |
| Supported Fist Downward block | Pulling and Punch |
| Turning Elbow Strike | High-Low Double Block (Mountain Block) |
| Footwork/ Stepping's (*Combine Mutiple Stepping's + Speed) | |
| Single/ Double hop front | Slide Forward |
| Single/Double hop back | Slide Backward |
| Step Forward | Lateral Slide |
| Step Backward | 45° Angle Slide |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | (An Chagi) Outside to Inside Crescent Kick |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | (Bakkat Chagi) Inside to Outside Crescent Kick |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | (Nareyo Chagi) Axe Kick |
| (Ballbut-yeo Dolleyo-chagi) Skip Step Roundhouse | (Dwit Chagi) Back Kick |
| (Double Dolleyo- Chagi) Double Round House kick | (Hureyo- Chagi) Spinning Hook kick |
| (Appal Dolleyo-Chagi) Lead Leg Sliding Roundhouse | 360 Turn Roundhouse |
| Poomsae | |
| Taeguek-1 Il Jang to Taeguek-8 Pal Jang (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Red Belt - 2nd Geup" | |

Additional: Mandatory gears and minimum 2 tournament experience

Black Stripe Curriculum: 1st Geup

| Stances <i>(*work on perfection)</i> | |
|---|--|
| (Pyeoni-sogi) Stand at ease | (Barro) Return to ready stance |
| (Charyot) Attention | (Ap Sogi) Walking stance |
| (Kyong-Ye) Bow | (Ap-Kubi) Forward stance |
| (Joonbi) Fighting Stance/Poomsae ready | (Juchum Sogi) Riding stance |
| (dwi-kubi) Back Stance | (naranhi-sogi) Parallel Stance |
| (wen-sogi) Left Side L Shape Stance | (dwi-koa-sogi) Rear Cross Stance |
| (oreun-sogi) Right Side L Shape Stance | (beom-sogi) Cat / Tiger Stance |
| Hand Technique <i>(*work on perfection)</i> | |
| (olgul-jireugi) High punch | (Arae-makgi) Lower Block |
| (Momtong-jireugi) Middle punch | (Momtong makki) Middle Block |
| (Arae-Jireugi) Lower punch | (Olgul-makgi) Higher Block |
| (sonnal-an-chigi) Inner Knife Hand Strike | (sonnal-an-makgi) Outward Knife hand Block |
| (kodureo-sewo-jjireugi) Supporting Spear hand strike | (sonnal-kodureo-makgi) Supported Knife Hand Outward Block |
| Back Fist Strike | (momtong-bakkat-makgi) Outer Middle Block |
| (jebipoom-sonnal-an-chigi) Swallow hand blade block inward | Target Elbow Strike |
| Hammer Fist Downward Strike | Assisted Elbow Hook |
| (arae-hecho-makgi) Trunk Push Low Block | (Olgul-bakkat-makgi) High Outside Block |
| (batangson-an-makgi) Palm Heel Inward Block | (kawi-makgi) Scissor Block |
| Outside Wrist Double Block | Supported Knife Hand Downward Block |
| Hammer Fist Outward Strike | Palm Heel Assisted Block |
| Supported Fist Downward block | Pulling and Punch |
| Turning Elbow Strike | High-Low Double Block (Mountain Block) |
| Palm heel pressing block | (Sonnal Araemakgi) low knife hand block |
| (Ageumson Kaljebi) Tiger Mouth Neck Grab | (Hanssonal Arae Hechyo Makgi) Low Knife-Hand Wedge Block |
| Knee Pressing & Breaking Technique | |
| Footwork/ Stepping's <i>(*Combine Multiple Stepping's + Speed)</i> | |
| Single/ Double hop front | Slide Forward |
| Single/Double hop back | Slide Backward |
| Step Forward | Lateral Slide |
| Step Backward | 45° Angle Slide |
| Kicks | |
| (Back leg Ap-Chagi) Back leg Front Kick | (An Chagi) Outside to Inside Crescent Kick |
| (Back leg Dolleyo- Chagi) Back leg Round House kick | (Bakkat Chagi) Inside to Outside Crescent Kick |
| (Yeop Chagi) Cut Kick/ Push Kick/ Side kick | (Nareyo Chagi) Axe Kick |
| (Ballbut-yeo Dolleyo-chagi) Skip Step Roundhouse | (Dwit Chagi) Back Kick |
| (Double Dolleyo- Chagi) Double Round House kick | (Hureyo- Chagi) Spinning Hook kick |
| (Appal Dolleyo-Chagi) Lead Leg Sliding Roundhouse | 360 Turn Roundhouse |
| Poomsae | |
| Taeguek-1 Il Jang to Taeguek-9 Koreo (Start to End) | |
| Theory Question | |
| Recite the Taekwondo Oath | |
| Name "The 5 Tenets of Taekwondo" | |
| Describe the meaning of "Black Stripe - 1st Geup" | |

Additional: Mandatory Gear requirement, Ability to teach white belts and attending earlier classes to assist.



BHAKTA'S TAEKWONDO

Belt Curriculum & Testing Requirements

Introduction

What is Taekwondo?

Taekwondo, a Korean martial art originating in the 1950s, is a fusion of native Korean martial arts such as Sul-bak and Tae-kyon, evolving into a modern and distinctive style. It reflects Korea's cultural heritage, experiencing a revival post the challenges faced during World War II. Known for its dynamic kicking techniques, Taekwondo has grown into a prominent Olympic sport while maintaining its martial roots.

Why do Taekwondo?

- Self-Defence
- Confidence
- Discipline
- Competition
- Fitness
- Fun

Conduct in the Dojang

1. **Greeting:** Start the standing greeting with feet together and arms at the sides. Curl fingers towards legs with index fingers touching thumbs. Maintain a straight back and look straight ahead. For a bow, bend forward 15 degrees at the back and 45 degrees at the head. Return to the standing position after the bow.

2. **Teacher-Student Formalities:** Prior to each training session, show respect by bowing to the flags with a low bow. Lower-ranked students should greet higher-ranked individuals, starting with the head instructor, then the assistant instructor, and finally those with a higher level of proficiency. During training, exhibit controlled behavior and maintain a high level of courtesy. Ensure that your uniform is always in serviceable condition.

3. **Uniforms:** Neatness and cleanliness of the uniform are crucial. If adjustments are needed during the training session, momentarily turn away from others to make the adjustment discreetly, and then return to practice.

4. **Home and Social Behavior:** Demonstrate high moral standards, respect, and consideration towards others in various settings, including at home, work, and social gatherings. Uphold a positive and respectful demeanor at all times.

5. **Speech Etiquette:** Use formal and respectful language during conversations. Maintain a straight back and a formal attitude while speaking. Choose words that convey courtesy and respect, and avoid using a loud or abusive tone. It is important to listen attentively without interrupting and refrain from spitting while speaking.



BHAKTA'S TAEKWONDO

Belt Curriculum & Testing Requirements

6. **Appearances:** Pay attention to your appearance in social situations. Choose clothing that is conservative and appropriate for the occasion. During formal events and ceremonies, wear the appropriate attire and ensure that your shoes are polished and your overall appearance is well-groomed.

7. **Behavior of Instructors:** Instructors should lead by example and set a positive tone for their students to follow. They should be the first to arrive and the last to leave, showing humility and sincerity in their interactions. Instructors should avoid violent behavior and prioritize the well-being of their students. They should lead a clean and productive life, free from drugs and alcohol, and actively participate in community activities while practicing justice and unselfishness.

