



# BHAKTA'S TAEKWONDO

## Belt Curriculum & Testing Requirements





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## *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-Boo 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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### 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.



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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.



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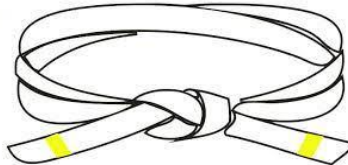
### BELT RANK COLORS - BEGINNER TO ADVANCED

World Taekwondo Ranks Range from 10th Geup to 10th Dan

10<sup>th</sup> Geup  
White Belt



9<sup>th</sup> Geup  
White with Yellow Tip Belt



8<sup>th</sup> Geup  
Yellow Belt



7<sup>th</sup> Geup  
Yellow with Green Tip Belt



6<sup>th</sup> Geup  
Green Belt



5<sup>th</sup> Geup  
Green with Blue Tip Belt



4<sup>th</sup> Geup  
Blue Belt



3<sup>rd</sup> Geup  
Blue with Red Tip Belt



2<sup>nd</sup> Geup  
Red Belt



1<sup>st</sup> Geup  
Red with Black Tip Belt



1<sup>st</sup> Dan / Il Dan  
Black Belt



2<sup>nd</sup> Dan / Yi Dan  
Black Belt



3<sup>rd</sup> Dan / Sam Dan  
Black Belt



4<sup>th</sup> Dan (Master) / Sa Dan  
Black Belt



5<sup>th</sup> Dan (Master) / O Dan  
Black Belt





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## Belt Curriculum & Testing Requirements

Level	Rank	poomsae	Taeguek (Korean names)	Symbols/ Element	Meaning
10 <sup>th</sup> Geup	White Belt	-----	-----	-----	Innocence: the beginning student who has no previous knowledge of Taekwondo.
9 <sup>th</sup> Geup	<u>Yellow Stripe</u>	1	Taeguek Il Jang	Heaven	
8 <sup>th</sup> Geup	<b>Yellow Belt</b>	2	Taeguek Ee Jang	Joy	Earth: a plant sprouts and takes root as the foundations of Taekwondo are lain
7 <sup>th</sup> Geup	<u>Green Stripe</u>	3	Taeguek Sam Jang	Fire	
6 <sup>th</sup> Geup	<b>Green Belt</b>	4	Taeguek Sa Jang	Thunder	
5 <sup>th</sup> Geup	<u>Blue Stripe</u>	5	Taeguek Oh Jang	Wind	Wood: growth as the Taekwondo skills 5 begin to develop
4 <sup>th</sup> Geup	<b>Blue Belt</b>	6	Taeguek Yook Jang	Water	
3 <sup>rd</sup> Geup	<u>Red Stripe</u>	7	Taeguek Chill Jang	Mountain	Heaven: towards which the plant 3 matures as training progresses.
2 <sup>nd</sup> Geup	<b>Red Belt</b>	8	Taeguek Pal Jang	Earth	
1 <sup>st</sup> Geup	<u>Black Stripe</u>	<b>9</b>	Taeguek Koreo	-----	Danger: cautioning the student to exercise control and opponents to be wary

### 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 10<sup>th</sup> and 6<sup>th</sup> Geup - Two Months

Between 6<sup>th</sup> and 4<sup>th</sup> Geup - Three Months

Between 4<sup>th</sup> and 2<sup>nd</sup> Geup - Four Months

Between 2<sup>nd</sup> and 1<sup>st</sup> Geup - Six months

So long as you put in the time and effort you can be in a position to go for your 1st Dan black belt grading by the time you finish your degree

#### 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



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## White Belt Curriculum: 10<sup>th</sup> Geup

Hand Techniques	
<i>(Olgul-jireugi)</i> High punch	
<i>(Arae-Jireugi)</i> Lower punch	
<i>(Momtong-jireugi)</i> Middle punch	
<i>(Arae makki)</i> Lower Block	
Kicks	
<i>(Back leg Ap-Chagi)</i> Back leg Front Kick	
<i>(Back leg Dolleyo- Chagi)</i> Back leg Round House kick	
Footwork/ Stepping's	
Single hop front	
Single hop back	
Stances	
<i>(Pyeonggi-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>(Baro)</i> Return to ready stance
Theory Question	
Recite the Taekwondo Oath	
Name "The 5 Tenets of Taekwondo"	

**Additional:**



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## Yellow Stripe Curriculum: 9<sup>th</sup> Geup

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

**Additional:**





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### Yellow Belt Curriculum: 8<sup>th</sup> Geup

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

**Additional:**



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### Green Stripe Curriculum: 7<sup>th</sup> Geup

<b>Hand Techniques</b>	
<i>(olgul-jireugi)</i> <b>High punch</b>	<i>(Olgul-bakkat-makgi)</i> <b>Higher Block</b>
<i>(Momtong-jireugi)</i> <b>Middle punch</b>	<i>(Momtong makki)</i> <b>Middle Block</b>
<i>(Arae-Jireugi)</i> <b>Lower punch</b>	<i>(Arae-makgi)</i> <b>Lower Block</b>
<i>(sonnal-an-chigi)</i> <b>Inner Knife Hand Strike</b>	<i>(sonnal-an-makgi)</i> <b>Outward Knife hand Block</b>
<b>Kicks</b>	
<i>(Back leg Ap-Chagi)</i> <b>Back leg Front Kick</b>	<i>(Nareyo Chagi)</i> <b>Axe Kick</b>
<i>(Back leg Dolleyo- Chagi)</i> <b>Back leg Round House kick</b>	<i>(Bakkat Chagi)</i> <b>Inside to Outside Crescent Kick</b>
<i>(An Chagi)</i> <b>Outside to Inside Crescent Kick</b>	<i>(Balbut-yeo Dollyeochagi)</i> <b>Skip Step Roundhouse</b>
<b>Poomsae</b>	
<b>Taeguek-1 Il Jang <u>to</u> Taeguek-3 Sam Jang (Start to End)</b>	
<b>Footwork/ Stepping's</b> <i>(* work on your speed)</i>	
<b>Single/ Double hop front</b>	<b>Step Backward</b>
<b>Single/Double hop back</b>	<b>Step Forward</b>
<b>Slide Forward</b>	<b>Slide Backward</b>
<b>Skip-Step</b>	
<b>Stances</b> <i>(*Work on Perfection)</i>	
<i>(Pyeoni-sogi)</i> <b>Stand at ease</b>	<i>(Barro)</i> <b>Return to ready stance</b>
<i>(Charyot)</i> <b>Attention</b>	<i>(Ap Sogi)</i> <b>Walking stance</b>
<i>(Kyong-Ye)</i> <b>Bow</b>	<i>(Ap-Kubi)</i> <b>Forward stance</b>
<i>(Joonbi)</i> <b>Fighting Stance/Poomsae ready</b>	<i>(Juchum Sogi)</i> <b>Riding stance</b>
<i>(dwi-kubi)</i> <b>Back Stance</b>	<i>(naranhi-sogi)</i> <b>Parallel Stance</b>
<b>Theory Question</b>	
<b>Recite the Taekwondo Oath</b>	
<b>Name "The 5 Tenets of Taekwondo"</b>	
<b>Describe the meaning of "Yellow Belt - 8<sup>th</sup> Geup"</b>	

**Additional:**



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### Green Belt Curriculum: 6<sup>th</sup> Geup

Hand Techniques	
( <i>olgul-jireugi</i> ) <b>High punch</b>	( <i>Olgul-bakkat-makgi</i> ) Higher Block
( <i>Momtong-jireugi</i> ) <b>Middle punch</b>	( <i>Momtong makki</i> ) <b>Middle Block</b>
( <i>Arae-Jireugi</i> ) <b>Lower punch</b>	( <i>Arae-makgi</i> ) <b>Lower Block</b>
( <i>sonnal-an-chigi</i> ) <b>Inner Knife Hand Strike</b>	( <i>sonnal-an-makgi</i> ) <b>Outward Knife hand Block</b>
( <i>kodureo-sewo-jjireugi</i> ) <b>Supporting Spear hand strike</b>	( <i>momtong-bakkat-makgi</i> ) <b>Outer Middle Block</b>
( <i>deung-jumeok-ap-chigi</i> ) <b>Back Fist Strike</b>	
Kicks	
( <i>Back leg Ap-Chagi</i> ) <b>Back leg Front Kick</b>	( <i>Nareyo Chagi</i> ) <b>Axe Kick</b>
( <i>Back leg Dolleyo- Chagi</i> ) <b>Back leg Round House kick</b>	( <i>Dwit Chagi</i> ) <b>Back Kick</b>
( <i>Yeop Chagi</i> ) <b>Cut Kick/ Push Kick</b>	( <i>Bakkat Chagi</i> ) <b>Inside to Outside Crescent Kick</b>
( <i>Balbut-yeo Dollyeochagi</i> ) <b>Skip Step Roundhouse</b>	( <i>An Chagi</i> ) <b>Outside to Inside Crescent Kick</b>
Poomsae	
Taeguek-1 Il Jang <u>to</u> Taeguek-4 Sa Jang (Start to End)	
Footwork/ Stepping's	
<b>Single/ Double hop front</b>	<b>Step Backward</b>
<b>Single/Double hop back</b>	<b>Step Forward</b>
<b>Slide Forward</b>	<b>Slide Backward</b>
<b>45° Angle Slide</b>	<b>Lateral Slide</b>
Stances	
<i>(*Work on Perfection)</i>	
( <i>Pyeoni-sogi</i> ) <b>Stand at ease</b>	( <i>Barro</i> ) <b>Return to ready stance</b>
( <i>Charyot</i> ) <b>Attention</b>	( <i>Ap Sogi</i> ) <b>Walking stance</b>
( <i>Kyong-Ye</i> ) <b>Bow</b>	( <i>Ap-Kubi</i> ) <b>Forward stance</b>
( <i>Joonbi</i> ) <b>Fighting Stance/Poomsae ready</b>	( <i>Juchum Sogi</i> ) <b>Riding stance</b>
( <i>dwi-kubi</i> ) <b>Back Stance</b>	( <i>naranhi-sogi</i> ) <b>Parallel Stance</b>
Theory Question	
<b>Recite the Taekwondo Oath</b>	
<b>Name "The 5 Tenets of Taekwondo"</b>	
<b>Describe the meaning of "Yellow Belt - 8<sup>th</sup> Geup"</b>	

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



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### Blue Stripe Curriculum: 5<sup>th</sup> Geup

<b>Hand Techniques</b>	
( <i>olgul-jireugi</i> ) <b>High punch</b>	( <i>Olgul-bakkat-makgi</i> ) <b>Higher Block</b>
( <i>Momtong-jireugi</i> ) <b>Middle punch</b>	( <i>Momtong makki</i> ) <b>Middle Block</b>
( <i>Arae-Jireugi</i> ) <b>Lower punch</b>	( <i>Arae-makgi</i> ) <b>Lower Block</b>
( <i>mejumeok-naeryeo-chigi</i> ) <b>Hammer Fist Downward Strike</b>	( <i>sonnal-an-makgi</i> ) <b>Outward Knife hand Block</b>
( <i>kodureo-sewo-jjireugi</i> ) <b>Supporting Spear hand strike</b>	( <i>deung-jumeok-ap-chigi</i> ) <b>Back Fist Strike</b>
( <i>jebipoom-sonnal-an-chigi</i> ) <b>Inward Hand Blade Strike</b>	( <i>momtong-bakkat-makgi</i> ) <b>Outer Middle Block</b>
( <i>sonnal-kodureo-makgi</i> ) <b>Supported Knife Hand Outward Block</b>	( <i>sonnal-an-chigi</i> ) <b>Inner Knife Hand Strike</b>
<b>Kicks</b>	
( <i>Back leg Ap-Chagi</i> ) <b>Back leg Front Kick</b>	( <i>Nareyo Chagi</i> ) <b>Axe Kick</b>
( <i>Back leg Dolleyo- Chagi</i> ) <b>Back leg Round House kick</b>	( <i>Dwit Chagi</i> ) <b>Back Kick</b>
( <i>Yeop Chagi</i> ) <b>Cut Kick/ Push Kick</b>	( <i>Bakkat Chagi</i> ) <b>Inside to Outside Crescent Kick</b>
( <i>Balbut-yeo Dollyeochagi</i> ) <b>Skip Step Roundhouse</b>	( <i>An Chagi</i> ) <b>Outside to Inside Crescent Kick</b>
( <i>Double Dolleyo-chagi</i> ) <b>Double Roundhouse</b>	
<b>Poomsae</b>	
Taeguek-1 Il Jang <u>to</u> Taeguek 5 Oh Jang (Start to End)	
<b>Footwork/ Stepping's</b>	
(*Combine Multiple Stepping's)	
<b>Single/ Double hop front</b>	<b>Step Backward</b>
<b>Single/Double hop back</b>	<b>Step Forward</b>
<b>Slide Forward</b>	<b>Slide Backward</b>
<b>45° Angle Slide</b>	<b>Lateral Slide</b>
<b>Stances</b>	
(*Work on Perfection)	
( <i>Pyeoni-sogi</i> ) <b>Stand at ease</b>	( <i>Barro</i> ) <b>Return to ready stance</b>
( <i>Charyot</i> ) <b>Attention</b>	( <i>Ap Sogi</i> ) <b>Walking stance</b>
( <i>Kyong-Ye</i> ) <b>Bow</b>	( <i>Ap-Kubi</i> ) <b>Forward stance</b>
( <i>Joonbi</i> ) <b>Fighting Stance/Poomsae ready</b>	( <i>Juchum Sogi</i> ) <b>Riding stance</b>
( <i>dwi-kubi</i> ) <b>Back Stance</b>	( <i>dwi-koa-sogi</i> ) <b>Rear Cross Stance</b>
( <i>naranhi-sogi</i> ) <b>Parallel Stance</b>	
<b>Theory Question</b>	
<b>Recite the Taekwondo Oath</b>	
<b>Name "The 5 Tenets of Taekwondo"</b>	
<b>Describe the meaning of "Yellow Belt - 8<sup>th</sup> Geup"</b>	

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



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Belt Curriculum & Testing Requirements

## Blue Belt Curriculum: 4<sup>th</sup> Geup

Hand Techniques	
( <i>olgul-jireugi</i> ) <b>High punch</b>	( <i>Olgul-bakkat-makgi</i> ) <b>Higher Block</b>
( <i>Momtong-jireugi</i> ) <b>Middle punch</b>	( <i>Momtong makki</i> ) <b>Middle Block</b>
( <i>Arae-Jireugi</i> ) <b>Lower punch</b>	( <i>Arae-makgi</i> ) <b>Lower Block</b>
( <i>sonnal-an-chigi</i> ) <b>Inner Knife Hand Strike</b>	( <i>sonnal-an-makgi</i> ) <b>Outward Knife hand Block</b>
( <i>kodureo-sewo-jjireugi</i> ) <b>Supporting Spear hand strike</b>	( <i>deung-jumeok-ap-chigi</i> ) <b>Back Fist Strike</b>
( <i>jebipoom-sonnal-an-chigi</i> ) <b>Inward Hand Blade Strike</b>	( <i>momtong-bakkat-makgi</i> ) <b>Outer Middle Block</b>
( <i>sonnal-kodureo-makgi</i> ) <b>Supported Knife Hand Outward Block</b>	( <i>mejumeok-naeryeo-chigi</i> ) <b>Hammer Fist Downward Strike</b>
( <i>kawi-makgi</i> ) <b>Scissor Block</b>	( <i>olgul-bakkat-makgi</i> ) <b>High Outside Block</b>
Kicks	
( <i>Back leg Ap-Chagi</i> ) <b>Back leg Front Kick</b>	( <i>Nareyo Chagi</i> ) <b>Axe Kick</b>
( <i>Back leg Dolleyo- Chagi</i> ) <b>Back leg Round House kick</b>	( <i>Dwit Chagi</i> ) <b>Back Kick</b>
( <i>Yeop Chagi</i> ) <b>Cut Kick/ Push Kick/ Side kick</b>	( <i>Bakkat Chagi</i> ) <b>Inside to Outside Crescent Kick</b>
( <i>Double Dolleyo- Chagi</i> ) <b>Double Round House kick</b>	( <i>An Chagi</i> ) <b>Outside to Inside Crescent Kick</b>
( <i>Appal Dolleyo-Chagi</i> ) <b>Lead Leg Sliding Roundhouse</b>	( <i>Hureyo- Chagi</i> ) <b>Spinning Hook kick</b>
<b>Double Roundhouse</b>	
Poomsae	
Taeguek-1 Il Jang <u>to</u> Taeguek 6 Yook Jang (Start to End)	
Footwork/ Stepping's	
(*Combine Multiple Stepping's + Speed)	
<b>Single/ Double hop front</b>	<b>Step Backward</b>
<b>Single/Double hop back</b>	<b>Step Forward</b>
<b>Slide Forward</b>	<b>Slide Backward</b>
<b>45° Angle Slide</b>	<b>Lateral Slide</b>
Stances	
(*Work on Perfection)	
( <i>Pyeoni-sogi</i> ) <b>Stand at ease</b>	( <i>Barro</i> ) <b>Return to ready stance</b>
( <i>Charyot</i> ) <b>Attention</b>	( <i>Ap Sogi</i> ) <b>Walking stance</b>
( <i>Kyong-Ye</i> ) <b>Bow</b>	( <i>Ap-Kubi</i> ) <b>Forward stance</b>
( <i>Joonbi</i> ) <b>Fighting Stance/Poomsae ready</b>	( <i>Juchum Sogi</i> ) <b>Riding stance</b>
( <i>dwi-kubi</i> ) <b>Back Stance</b>	( <i>dwi-koa-sogi</i> ) <b>Rear Cross Stance</b>
( <i>naranhi-sogi</i> ) <b>Parallel Stance</b>	( <i>beom-sogi</i> ) <b>Cat / Tiger Stance</b>
Theory Question	
<b>Recite the Taekwondo Oath</b>	
<b>Name "The 5 Tenets of Taekwondo"</b>	
<b>Describe the meaning of "Yellow Belt - 8<sup>th</sup> Geup"</b>	

**Additional:** Full set of gears required and 2 tournament experience.



# BHAKTA'S TAEKWONDO

Belt Curriculum & Testing Requirements

## Red Stripe Curriculum: 3<sup>rd</sup> Geup

Hand Techniques	
( <i>olgul-jireugi</i> ) <b>High punch</b>	( <i>Olgul-bakkat-makgi</i> ) <b>Higher Block</b>
( <i>Momtong-jireugi</i> ) <b>Middle punch</b>	( <i>Momtong makki</i> ) <b>Middle Block</b>
( <i>Arae-Jireugi</i> ) <b>Lower punch</b>	( <i>Arae-makgi</i> ) <b>Lower Block</b>
( <i>sonnal-an-chigi</i> ) <b>Inner Knife Hand Strike</b>	( <i>sonnal-an-makgi</i> ) <b>Outward Knife hand Block</b>
( <i>kodureo-sewo-jjireugi</i> ) <b>Supporting Spear hand strike</b>	( <i>deung-jumeok-ap-chigi</i> ) <b>Back Fist Strike</b>
( <i>jebipoom-sonnal-an-chigi</i> ) <b>Inward Hand Blade Strike</b>	( <i>momtong-bakkat-makgi</i> ) <b>Outer Middle Block</b>
( <i>sonnal-kodureo-makgi</i> ) <b>Supported Knife Hand Outward Block</b>	( <i>mejumeok-naeryeo-chigi</i> ) <b>Hammer Fist Downward Strike</b>
( <i>kawi-makgi</i> ) <b>Scissor Block</b>	( <i>olgul-bakkat-makgi</i> ) <b>High Outside Block</b>
Kicks	
( <i>Back leg Ap-Chagi</i> ) <b>Back leg Front Kick</b>	( <i>Nareyo Chagi</i> ) <b>Axe Kick</b>
( <i>Back leg Dolleyo- Chagi</i> ) <b>Back leg Round House kick</b>	( <i>Dwit Chagi</i> ) <b>Back Kick</b>
( <i>Yeop Chagi</i> ) <b>Cut Kick/ Push Kick/ Side kick</b>	( <i>Bakkat Chagi</i> ) <b>Inside to Outside Crescent Kick</b>
( <i>Double Dolleyo- Chagi</i> ) <b>Double Round House kick</b>	( <i>An Chagi</i> ) <b>Outside to Inside Crescent Kick</b>
( <i>Appal Dolleyo-Chagi</i> ) <b>Lead Leg Sliding Roundhouse</b>	( <i>Hureyo- Chagi</i> ) <b>Spinning Hook kick</b>
<b>Lead leg Counter Roundhouse</b>	<b>Double Roundhouse</b>
Poomsae	
<b>Taeguek-1 Il Jang <u>to</u> Taeguek 7 Chill Jang (Start to End)</b>	
Footwork/ Stepping's	
<i>(*Combine Multiple Stepping's + Speed)</i>	
<b>Single/ Double hop front</b>	<b>Step Backward</b>
<b>Single/Double hop back</b>	<b>Step Forward</b>
<b>Slide Forward</b>	<b>Slide Backward</b>
<b>45° Angle Slide</b>	<b>Lateral Slide</b>
Stances	
<i>(*Work on Perfection)</i>	
( <i>Pyeoni-sogi</i> ) <b>Stand at ease</b>	( <i>Barro</i> ) <b>Return to ready stance</b>
( <i>Charyot</i> ) <b>Attention</b>	( <i>Ap Sogi</i> ) <b>Walking stance</b>
( <i>Kyong-Ye</i> ) <b>Bow</b>	( <i>Ap-Kubi</i> ) <b>Forward stance</b>
( <i>Joonbi</i> ) <b>Fighting Stance/Poomsae ready</b>	( <i>Juchum Sogi</i> ) <b>Riding stance</b>
( <i>dwi-kubi</i> ) <b>Back Stance</b>	( <i>dwi-koa-sogi</i> ) <b>Rear Cross Stance</b>
( <i>naranhi-sogi</i> ) <b>Parallel Stance</b>	( <i>beom-sogi</i> ) <b>Cat / Tiger Stance</b>
Theory Question	
<b>Recite the Taekwondo Oath</b>	
<b>Name "The 5 Tenets of Taekwondo"</b>	
<b>Describe the meaning of "Yellow Belt - 8<sup>th</sup> Geup"</b>	

**Additional:** Mandatory Gears and minimum 2 tournament experience.



# BHAKTA'S TAEKWONDO

## Belt Curriculum & Testing Requirements

### Red Belt Curriculum: 2<sup>nd</sup> Geup

Hand Techniques	
( <i>olgul-jireugi</i> ) High punch	( <i>Olgul-bakkat-makgi</i> ) Higher Block
( <i>Momtong-jireugi</i> ) Middle punch	( <i>Momtong makki</i> ) Middle Block
( <i>Arae-Jireugi</i> ) Lower punch	( <i>Arae-makgi</i> ) Lower Block
( <i>sonnal-an-chigi</i> ) Inner Knife Hand Strike	( <i>sonnal-an-makgi</i> ) Outward Knife hand Block
( <i>kodureo-sewo-jjireugi</i> ) Supporting Spear hand strike	( <i>deung-jumeok-ap-chigi</i> ) Back Fist Strike
( <i>jebipoom-sonnal-an-chigi</i> ) Inward Hand Blade Strike	( <i>momtong-bakkat-makgi</i> ) Outer Middle Block
( <i>sonnal-kodureo-makgi</i> ) Supported Knife Hand Downward Block	( <i>mejumeok-naeryeo-chigi</i> ) Hammer Fist Downward Strike
( <i>kawi-makgi</i> ) Scissor Block	( <i>olgul-bakkat-makgi</i> ) High Outside Block
Kicks	
( <i>Back leg Ap-Chagi</i> ) Back leg Front Kick	( <i>Nareyo Chagi</i> ) Axe Kick
( <i>Back leg Dolleyo- Chagi</i> ) Back leg Round House kick	( <i>Dwit Chagi</i> ) Back Kick
( <i>Yeop Chagi</i> ) Cut Kick/ Push Kick/ Side kick	( <i>Bakkat Chagi</i> ) Inside to Outside Crescent Kick
( <i>Double Dolleyo- Chagi</i> ) Double Round House kick	( <i>An Chagi</i> ) Outside to Inside Crescent Kick
( <i>Appal Dolleyo-Chagi</i> ) Lead Leg Sliding Roundhouse Lead leg Counter Roundhouse	( <i>Hureyo- Chagi</i> ) <i>Spinning Hook kick</i> Double Roundhouse
Lead Leg Inside to Outside Crescent Kick	360 Turn Roundhouse
Poomsae	
Taeguek-1 Il Jang <u>to</u> Taeguek 7 Pal Jang (Start to End)	
Footwork/ Stepping's	
(*Combine Multiple Stepping's + Speed)	
Single/ Double hop front	Step Backward
Single/Double hop back	Step Forward
Slide Forward	Slide Backward
45° Angle Slide	Lateral Slide
Stances	
(*Work on Perfection)	
( <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 ready	( <i>Juchum Sogi</i> ) Riding stance
( <i>dwi-kubi</i> ) Back Stance	( <i>dwi-koa-sogi</i> ) Rear Cross Stance
( <i>naranhi-sogi</i> ) Parallel Stance	( <i>beom-sogi</i> ) Cat / Tiger Stance
Theory Question	
Recite the Taekwondo Oath	
Name "The 5 Tenets of Taekwondo"	
Describe the meaning of "Yellow Belt - 8 <sup>th</sup> Geup"	





# BHAKTA'S TAEKWONDO

*Belt Curriculum & Testing Requirements*

## Black Stripe Curriculum: 1<sup>st</sup> Geup

Hand Techniques	
( <i>olgul-jireugi</i> ) <b>High punch</b>	( <i>Olgul-bakkat-makgi</i> ) <b>Higher Block</b>
( <i>Momtong-jireugi</i> ) <b>Middle punch</b>	( <i>Momtong makki</i> ) <b>Middle Block</b>
( <i>Arae-Jireugi</i> ) <b>Lower punch</b>	( <i>Arae-makgi</i> ) <b>Lower Block</b>
( <i>sonnal-an-chigi</i> ) <b>Inner Knife Hand Strike</b>	( <i>sonnal-an-makgi</i> ) <b>Outward Knife hand Block</b>
( <i>kodureo-sewo-jjireugi</i> ) <b>Supporting Spear hand strike</b>	( <i>deung-jumeok-ap-chigi</i> ) <b>Back Fist Strike</b>
( <i>jebipoom-sonnal-an-chigi</i> ) <b>Inward Hand Blade Strike</b>	( <i>momtong-bakkat-makgi</i> ) <b>Outer Middle Block</b>
( <i>sonnal-kodureo-makgi</i> ) <b>Supported Knife Hand Downward Block</b>	( <i>mejumeok-naeryeo-chigi</i> ) <b>Hammer Fist Downward Strike</b>
( <i>kawi-makgi</i> ) <b>Scissor Block</b>	( <i>olgul-bakkat-makgi</i> ) <b>High Outside Block</b>
Kicks	
( <i>Back leg Ap-Chagi</i> ) <b>Back leg Front Kick</b>	( <i>Nareyo Chagi</i> ) <b>Axe Kick</b>
( <i>Back leg Dolleyo- Chagi</i> ) <b>Back leg Round House kick</b>	( <i>Dwit Chagi</i> ) <b>Back Kick</b>
( <i>Yeop Chagi</i> ) <b>Cut Kick/ Push Kick/ Side kick</b>	( <i>Bakkat Chagi</i> ) <b>Inside to Outside Crescent Kick</b>
( <i>Double Dolleyo- Chagi</i> ) <b>Double Round House kick</b>	( <i>An Chagi</i> ) <b>Outside to Inside Crescent Kick</b>
( <i>Appal Dolleyo-Chagi</i> ) <b>Lead Leg Sliding Roundhouse</b>	( <i>Hureyo- Chagi</i> ) <b>Spinning Hook kick</b>
<b>Lead leg Counter Roundhouse</b>	<b>Double Roundhouse</b>
( <i>Lead Leg Bakkat Chagi</i> ) <b>Lead Leg Inside to Outside Crescent Kick</b>	<b>Running Jump Side Kick</b>
<b>Running jump Front kick</b>	<b>360 Turn Roundhouse</b>
Poomsae	
<b>Taeguek-1 Il Jang to Taeguek 9 Koreo (Start to End)</b>	
Footwork/ Stepping's	
<i>(*Combine Multiple Stepping's + Speed)</i>	
<b>Single/ Double hop front</b>	<b>Step Backward</b>
<b>Single/Double hop back</b>	<b>Step Forward</b>
<b>Slide Forward</b>	<b>Slide Backward</b>
<b>45° Angle Slide</b>	<b>Lateral Slide</b>
Stances	
<i>(*Work on Perfection)</i>	
( <i>Pyeoni-sogi</i> ) <b>Stand at ease</b>	( <i>Barro</i> ) <b>Return to ready stance</b>
( <i>Charyot</i> ) <b>Attention</b>	( <i>Ap Sogi</i> ) <b>Walking stance</b>
( <i>Kyong-Ye</i> ) <b>Bow</b>	( <i>Ap-Kubi</i> ) <b>Forward stance</b>
( <i>Joonbi</i> ) <b>Fighting Stance/Poomsae ready</b>	( <i>Juchum Sogi</i> ) <b>Riding stance</b>
( <i>dwi-kubi</i> ) <b>Back Stance</b>	( <i>dwi-koa-sogi</i> ) <b>Rear Cross Stance</b>
( <i>naranhi-sogi</i> ) <b>Parallel Stance</b>	( <i>beom-sogi</i> ) <b>Cat / Tiger Stance</b>

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