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|  | **WHITE BELT SYLLABUS** |
|  **Basic terminology*** Charyot (차롓) Attention
* Kyongye (경례) Bow
* Choonbi (준비) Ready
 | **Basic hand techniques*** Riding stance punch
* Lead hand punch
* Low x block
* Low section block
 |
|  **Basic stances techniques*** Riding stance
* Walking stance
* Fighting stance
 | **Forms*** Introductory Poomsae *STF White Belt Form – 16 steps*
 |
|  **Basic kicks*** Front snap kick
* Raising kick
* Turning kick
 | *Students should be able to clearly demonstrate the differences between the various kicks.* | **Taekwondo etiquette*** I am polite at all times Correct way of greeting your instructors

Correct way of bowing to your instructors • I will keep my uniform Correct way of neatening your uniform. |
| **RED TAPE** | **BLUE TAPE** | **YELLOW TAPE** | **SILVER TAPE** | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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|  | **YELLOW TIP SYLLABUS** |
|  **Basic terminology**1.Hana(하나)　2.Dul(둘)　3.Set(셋)　4.Net(넷)　5.Daseot(다섯)6.Yeoseot(여섯)　7.IIgop(일곱)　8.Yeodol(여덜)　9.Ahop(아홉)　　10.Yeol(열) | **Introduction to self-defense*** What do you do when someone grabs your shoulder?
 |
|  **Basic hand techniques*** Low section block – reverse punch
* High section block – reverse punch
 | **Introduction to sparring*** Bounce - switch- turning kick
* Bounce - shuffle forward- turning kick
* Bounce- shuffle backward- turning kick
 |
|  **Basic kicks*** Turningkick(*STFtestrequiremet)*
* Front thrust kick
 | • Sliding front kick• Front kick – turning kick | **Forms*** Preliminary Poomsae *STF Yellow Tip Form- 16 movements*
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| **RED TAPE** | **BLUE TAPE** | **YELLOW TAPE** | **SILVER TAPE** | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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|  | **YELLOW BELT SYLLABUS** |
| **Taekwondo theory*** How do you tie your own belt?
 | **Introduction to self-defense** • What do you do when someone pushes you from the front? (2 techniques) |
|  **Basic hand techniques*** Inward block (reverse) walking stance
* High section block – front kick – lead hand punch
 | **Introduction to sparring*** Bounce - jumping double turning kick
* Bounce- speed turning kick
* Bounce- shuffle backwards- jumping double turning kick
* Bounce- shuffle towards- jumping double turning kick
 |
|  **Basic kicks*** Front kick – turning kick

 *(STF test requirement)** Side kick
 | * Sliding turning kick
 | **Forms*** Taegeuk II-jang (one) *18 movements*
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| **RED TAPE** | **BLUE TAPE** | **YELLOW TAPE** | **SILVER TAPE** | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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|  | **GREEN TIP SYLLABUS** |
| **Basic terminology** 11. Yeol Hana(열하나) 12.Yeol Dul(열둘) 13.Yeol Set(열셋)  14.Yeol Net열넷) 15.Yeol Daseot(열다섯) 16.Yeol Yeoseot(열여섯) 17.Yeol IIgop (열일곱) 18.Yeol Yeodol(열여덜) 19.Yeol Ahop(열아홉) 20.Seumul(스믈) | **Introduction to self-defense*** What do you do when someone grabs your arm with two hands?

(2 techniques) |
|  **Basic stances techniques*** Low section block, front kick and followed by a high lead hand punch (forward stance)
* Low section block, front kick and followed by a middle lead hand punch (walking stance)
 | **Introduction to sparring*** Bounce - sliding turning kick- jumping double turning kick
* Bounce- turning kick- back thrust
* Bounce- cover punch (rear hand)
 |
|  **Basic kicks*** Side kick(*STF test requirement)*
* Sliding side kick
 | * Back thrust
 | **Forms** • Taegeuk E-jang (two) *18 movements* |
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|  | **GREEN BELT SYLLABUS** |
| **Taekwondo theory*** What is the purpose of doing sparring?
 | **Introduction to self-defense*** Defense against one shoulder grab from the front
* Defense against one shoulder grab from the back
 |
|  **Basic hand techniques*** Single knifehand block
* Single knifehand block- reverse punch
* Knifehand inward strike (reverse)
 | **Introduction to sparring（4lessons)*** Single knifehand block
* Single knifehand block- reverse punch
* Knifehand inward strike (reverse)
 |
|  **Basic kicks*** Back thrust

 *(STF test requirement)** Side kick- back thrust
 | * Slamming kick
* Hook kick (rear leg)
 | **Forms*** Taegeuk Sam-jang (three) *20 movements*
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|  | **BLUE TIP SYLLABUS** |
|  **Taekwondo theory** • What are the Taekwondo tenets? | **Introduction to self-defense*** Defense against a punch to the face (2 techniques)
 |
|  **Basic hand techniques*** Knifehand guarding block1
* Middle-section block1
* Fingertip thrust (lead hand) 2
* Inward block (lead hand)- two punches2
* Back-fist strike2

 *(From back stance& forward stance.)* | **Introduction to sparring（4lessons)*** Offenses that result in penalties
* Use of at least three kinds of kicks in sparring

  |
|  **Basic kicks*** Side kick- back thrust

 (*STF test requirement)** Back hook
 | * 360° turning kick
* Sliding turning kick, followed by a slamming kick
 | **Forms*** Taegeuk Sa-jang (four)*20 movements*
 |
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|  | **BLUE BELT SYLLABUS** |
|  **Taekwondo theory*** What are the Dojang tenets
 | **Introduction to self-defense*** Defense against a punch to the face (2 techniques)

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|  **Basic hand techniques*** Low block- downward hammer fist
* Elbow strike (lead hand, high-section)
* Elbow strike (reverse hand, mid-section)

*（Ｆrom forward stance）* | **Introduction to sparring（6lessons)*** Effective demonstration of one countering technique against

　　a turning kick |
|  **Basic kicks*** Back hook

*（STF test requirement）** Sliding hook kick
 | * Turning kick- back hook
* Short slamming kick
 | **Forms*** Taegeuk O-jang (five)　*20 movements*
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|  | **LED TIP SYLLABUS** |
|  **Taekwondo theory** | **Introduction to self-defense** |
|  **Basic hand techniques** | **Introduction to sparring** |
|  **Basic kicks** |  | **Forms** |
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|  | **LED BELT SYLLABUS** |
|  **Taekwondo theory** | **Introduction to self-defense** |
|  **Basic hand techniques** | **Introduction to sparring** |
|  **Basic kicks** |  | **Forms** |
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|  | **BLACK TIP SYLLABUS** |
|  **Taekwondo theory** | **Introduction to self-defense** |
|  **Basic hand techniques** | **Introduction to sparring** |
|  **Basic kicks** |  | **Forms** |
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