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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* | | | | | | |
| **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* | | | | | | |
| **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* | | | | | | |
| **RED TAPE** | **BLUE TAPE** | | | **YELLOW TAPE** | **SILVER TAPE** | | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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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* | | | | | | |
| **RED TAPE** | **BLUE TAPE** | | | **YELLOW TAPE** | **SILVER TAPE** | | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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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* | | | | | | |
| **RED TAPE** | **BLUE TAPE** | | | **YELLOW TAPE** | **SILVER TAPE** | | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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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) | | | | | | |
| **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* | | | | | | |
| **RED TAPE** | **BLUE TAPE** | | | **YELLOW TAPE** | **SILVER TAPE** | | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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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** | | | | | | |
| **RED TAPE** | **BLUE TAPE** | | | **YELLOW TAPE** | **SILVER TAPE** | | **GREEN TAPE** | **BLACK TAPE** | **CONGRATULATIONS** |
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