



## COLOR BELT SYLLABUS

	White	Yellow	Yellow-Green	Green	Green-Blue	Blue	Blue-Red	Red	Red-Black
<b>Yellow Tape (Manner)</b>	<b>Manner + Basics + Cheung Do Punch</b>								
<b>Green Tape (Kicking)</b>	Front Kick, Rising Kick	Front Kick, Turning Kick	Turning Kick, Axe Kick	Side Kick, Hook Kick	Side Kick, Reverse Kick	Slide Turning Kick, Slide Side Kick	Reverse Kick, Back Kick	Jump Turning Kick, Tornado Kick	All Kicks
<b>Blue Tape (Poomsae)</b>	0 (Age 7+)	1	2	3	4	2, 5	3, 6	4, 7	1 - 8
<b>Red Tape (Speed) In Class (30s)</b>	Front Kick (Waist Height) 45	Front Kick (Waist Height) 50	Turning Kick (Waist Height) 45	Turning Kick (Waist Height) 50	Axe Kick (Face Height) 45	Axe Kick (Face Height) 50	Slide Turning Kick (Waist Height) 35	Slide Turning Kick (Waist Height) 40	Slide Axe Kick (Face Height) 40
<b>Black Tape (Breaking) 3 Chances</b>					Side Kick (Waist Height)	Reverse Kick (Face Height)	Jump Front Kick (Arm Up Wrist)	Jump Side Kick (Waist Height)	Jump Reverse Kick (Above Head) & Tornado Kick (Face Height)
<b>Grey Tape (Sparring)</b>						Timing & Accuracy (Red-Black Sparring on test day)			

## BLACK BELT SYLLABUS



	DAN 1				DAN 2			
	Level 0	Level 1	Level 2	Level 3	Level 0	Level 1	Level 2	Level 3
Yellow Tape (Manner)	Leadership, Role model, Cheung Do Punch				Leadership, Role model, Cheung Do Punch			
Class Assistance								
Green Tape (Kicking)	2 Combination Kick				3 Combination Kick			
Blue Tape (Poomsae)	1 to Koryo				1 to Keum Kang			
Red Tape (Speed Test) In Class (1 min)	Tornado Kick (Waist Height) 40	Tornado Kick (Waist Height) 45	Tornado Kick (Waist Height) 50	Tornado Axe Kick (Face Height) 50	Running Turning Kick (Waist Height) 140	Running Turning Kick (Waist Height) 150	Running Turning Kick (Waist Height) 160	Jump Front Kick (Face Height) 80
Black Tape (Breaking) 3 Chances	Jump Back Kick (Waist Height)	360° Back Kick (Waist Height)	360° Back Kick (Face Height)	360° Reverse Kick (Face Height)	Jump Side Kick (Face Height)	Reverse Kick (Face Height) Jump Reverse Kick	Tornado Kick (Chest Height) Tornado Kick (Face Height)	Triple Front Kick (Knee, Waist, Face)
Black Tape (Power Breaking) Age 18+ Optional	Hook Kick (Face Height)	Back Kick (Waist Height)	Axe Kick (Head Height)	Jump Turning Kick (Chest Height)	Slide Side Kick (Waist Height)	Slide Axe Kick (Face Height)	Turning Kick (Waist Height), Axe Kick (Face Height)	Turning Kick (Waist Height), Back Kick (Waist Height)
Grey Tape (Sparring)	Timing & Accuracy (Sparring on test day)							

## BLACK BELT SYLLABUS



	DAN 3				DAN 4			
	Level 0	Level 1	Level 2	Level 3	Level 0	Level 1	Level 2	Level 3
Yellow Tape (Manner)	Leadership, Role model, Cheung Do Punch			Make a 5+ min video of how Taekwondo changed you	Leadership, Role model, Cheung Do Punch			Make a 5+ min tutorial of a Taekwondo Kick
Class Assistance	22	24	26	30	32	34	36	40
Green Tape (Kicking)	4 Combination Kick				4 Combination Kick			
Blue Tape (Poomsae)	1 to Tae Baek				1 to Pyeong Won			
Red Tape (Speed Test) In Class (1 min)	Front Kick (Face Height) 80	Turning Kick (Face Height) 80	Axe Kick (Face Height) 80	Jump Back Kick (Chest Height) 60	Double Turning Kick (Waist Height) 50	Jump Turning Kick (Face Height) 50	Front Kick (Waist Height) 120	Front Kick (Waist Height) 130
Black Tape (Breaking) 3 Chances	Swing 360° Turning Kick (Chest Height)	270° Hook Kick (Chest Height)	540° Hook Kick (Face Height)	Tornado Kick (Chest Height) 540° Hook Kick (Face Height)	Cheat Step Tornado Kick (Above Head)	Triple Turning Kick	360° Turning Kick	720° Turning Kick
Black Tape (Power Breaking) Age 18+ Optional	Same Leg Turning Kick (Waist Height), Hook Kick (Face Height)	Turning Kick (Waist Height), Reverse Kick (Face Height)	Turning Kick (Waist Height), Jump Turning Kick (Face Height)	Turning Kick (Waist Height), Tornado Kick (Face Height)	Tornado Kick (Waist Height), Tornado Kick (Face Height)	Tornado Kick (Waist Height), Back Kick (Waist Height)	Tornado Kick (Waist Height), Reverse Kick (Face Height)	Tornado Kick (Waist Height), Tornado Axe Kick (Face Height)
Grey Tape (Sparring)	Timing & Accuracy (Sparring on test day)							

## BLACK BELT SYLLABUS



	DAN 5	DAN 6				
Yellow Tape (Manner)	1. Write 2000 Word Essay related to Taekwondo 2. Join a competition	1. Write 2000 Word Essay related to Taekwondo 2. Join a competition				
Class Assistance	50	60				
Green Tape (Kicking)	4 Combination Kick	4 Combination Kick				
Blue Tape (Poomsae)	1 to Sip Jin	1 to Ji Tae				
Red Tape (Speed Test) In Class (1 min)	<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 50%;">Option 1 Jump Axe Kick (Face Height) 70</td> <td style="width: 50%;">Option 2 Back Shift Turning Kick (Waist Height) 80</td> </tr> </table>	Option 1 Jump Axe Kick (Face Height) 70	Option 2 Back Shift Turning Kick (Waist Height) 80	<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 50%;">Option 1 Back Shift Axe Kick (Waist Height) 80</td> <td style="width: 50%;">Option 2 Back Shift Double Turning Kick (Waist Height) 80</td> </tr> </table>	Option 1 Back Shift Axe Kick (Waist Height) 80	Option 2 Back Shift Double Turning Kick (Waist Height) 80
Option 1 Jump Axe Kick (Face Height) 70	Option 2 Back Shift Turning Kick (Waist Height) 80					
Option 1 Back Shift Axe Kick (Waist Height) 80	Option 2 Back Shift Double Turning Kick (Waist Height) 80					
Black Tape (Breaking) 3 Chances	Choose 2 B-Twist Round / 540 Hook / Cork Round / Aerial Hook /	Choose 2 Jack Knife / 720 Round / Triple Side Kick /				
Black Tape (Power Breaking) Age 18+ Optional	Choose 2 Back Kick (Both Legs) / Tornado Kick (Both Legs) / Reverse Kick (Both Legs)	Choose 2 Hook Kick (Both Legs) / Tornado Axe Kick (Both Legs) / Jump Reverse Kick (Both Legs)				
Grey Tape (Sparring)	Timing & Accuracy (Sparring on test day)					