



## *Congratulations on your Yellow Belt!*

Below are the requirements to obtain your Orange Belt.  
Use these to set weekly goals.

### **Poomsae:** Taegeuk Ee Jang (Form #2)

Represents “joyfulness.” This is the state in which one’s mind is kept firm and extensively appears gentle so that smile virtue prevails. This form should be performed gently but forcefully.

### **Basic Hand Movements:** 11-20

Left Knife Low Block

Right Knife Low Block

Left Knife inside block

Right Knife Inside Block

Left knife Outside Block

Right Knife Outside Block

Left Knife High Block

Right Knife High Block

Left Spear Hand

Right Spear hand (Ki-Hap)

### **Children Home Rule #2** (ages 12 and under)

Children must greet their parents when they enter the house and tell them good-bye when they leave.

### **Student Creed #1** (ages 13 and up)

I will develop myself in a positive manner and avoid anything that will reduce my mental growth or my physical health.

### **Counting:** 11-20 (Seumol = 20)

### **Breaking:**

Walking Round House Kick (7 & under) or Turning Round House Kick (8 & up)



## *Congratulations on your Orange Belt!*

Below are the requirements to obtain your Green Belt.

Use these to set weekly goals.

### **Poomsae:** Taeguk Sam Jang (Form #3)

Represents the Sun and Fire. Both the sun and fire gives men light, warmth, enthusiasm, and hope. This form should be executed with passion.

### **Basic Hand Movements:** 21-30

Left Hand Low Press to Right Side

Right Hand Low Press to Left Side

Left Hand Middle Press to Right Side

Right Hand Middle Press to Left Side

Left Hand High Press to Right Side

Right Hand High Press to Left Side

Left Hand Middle Palm Press

Right Hand Middle Palm Press

Left Hand High Palm Press

Right Hand High Palm Press (Ki-Hap)

### **Children Home Rule #3** (ages 12 and under)

Children must be truthful at all times.

### **Student Creed #2** (ages 13 and up)

I will develop self-discipline in order to bring out the best in myself and others.

### **Counting:** 21-30 (Seo-Reun = 30)

### **Breaking:** Turning Round House (7 & under) Step Change Turning Round House (8 & up)



## *Congratulations on your Green Belt!*

Below are the requirements to obtain your Purple Belt.

Use these to set weekly goals.

### **Poomsae:** Taegeuk Sa Jang (Form #4)

Symbolizes thunder. Thunder and lightning are the objects of fear and trembling. This principle teaches one to act calmly and bravely in the face of danger and fear, promising sunlight and blue sky will return after the storm. This form should concentrate on balance.

### **Basic Hand Movements:** 31-40

Left Back Fist

Right back Fist

Turn Left to Left Back Stance Double Fist Low Block

Turn Right to Right Back Stance Double Fist Low Block

Horse Stance Left Outside Block

Right Outside Block

Turn left to Left Back Stance Double Fist Middle Block

Turn right to Right Back Stance Double Fist Middle Block

Horse Stance Left Side Middle Punch

Right Side Middle Punch (Ki-Hap)

### **Children Home Rule #4** (ages 12 and under)

Children must maintain a good relationship with their brothers and sisters at all times.

### **Student Creed #2** (ages 13 and up)

I will develop self-discipline in order to bring out the best in myself and others.

### **Counting:** 31-40 (Ma Heun = 40)

**Breaking:** Step Change Turning Round House ( 7 & under) Jumping Turning Round House (8 & up)



## *Congratulations on your Purple Belt!*

Below are the requirements to obtain your Blue Belt.

Use these to set weekly goals.

### **Poomsae:** Taeguk Oh Jang (Form #5)

Symbolizes wind. There are such horrible winds as typhoon, storm, and tornados. But the natural wind is gentle. Spring breezes arise sweeping below. Wind symbolizes a humble state of mind. It expresses repetitive good-natured actions. This form combines actions that are sometimes gentle and sometimes forceful.

### **Basic Hand Movements:** 31-40

Left Back Fist

Right back Fist

Turn Left to Left Back Stance Double Fist Low Block

Turn Right to Right Back Stance Double Fist Low Block

Horse Stance Left Outside Block

Right Outside Block

Turn left to Left Back Stance Double Fist Middle Block

Turn Right to Right Back Stance Double Fist Middle Block

Horse Stance Left Side Middle Punch

Right Side Middle Punch (Ki-Hap)

### **Children Home Rule #5** (ages 12 and under)

Children must help out with household chores at all times.

### **Student Creed #2** (ages 13 and up)

I will develop self-discipline in order to bring out the best in myself and others.

### **Counting:** 31-40 (Ma Heun—40)

### **Breaking:** Jumping Turning Roundhouse Kick ( 7 & under) Back Kick (8 & up)



## *Congratulations on your Blue Belt!*

Below are the requirements to obtain your Brown Belt.

Use these to set weekly goals.

### **Poomsae:** Taegeuk Oh Jang (Form #5)

Symbolizes wind. There are such horrible winds as typhoon, storm, and tornado. But the nature wind is gentle. Spring breezes caresses weeping willow. Wind symbolizes humble state of mind. It expresses repetitive good-natured actions. This form combine's actions that are sometimes gentle and sometimes forceful.

### **Basic Hand Movements:** 41-50

Turn Left to Left Back Stance Double Knife Hand Low Block

Turn Right to Right Back Stance Double Knife Hand Low Block

Turn Left to Left Back Stance Double Knife Hand Middle Block

Turn Right to Right Back Stance Double Knife Hand Middle Block

Right Forward Stance Looking Left with a Left Hand Low Block and a Right Hand Side Head Block

Left Forward Stance Looking Right with a Right Hand Low Block and a Left Hand Side Head Block

Turn Left to Left Back Stance with Left Knife Hand Outside Block, Then to a Left Front Stance

Right Elbow Strike to Left Hand

Turn Right to Right Back Stance with Right Knife Hand Outside Block, Then to a Right Front Stance Left Elbow Strike to Right Hand

Horse Stance Left back Fist, then Right Middle Punch

Right Back Fist, Then Left Middle Punch (Ki-Hap)

### **Children Home Rule #6** (ages 12 and under)

Children will keep their own room neat and clean at all times.

### **Student Creed #2** (ages 13 and up)

I will develop self-discipline in order to bring out the best in myself and others.

### **Counting:** 41-50 (She Heun = 50)

**Breaking:** Back Kick ( 7 & under) Jumping Back Kick ( 8 & up)



## *Congratulations on your Brown Belt!*

Below are the requirements to obtain your Brown Tip Belt.

Use these to set weekly goals.

### **Poomsae:** Taegeuk Yuck Jang (Form #6)

Represents water. Liquid and formless. Water always flows downward. Even when passing over obstacles, such as rocks in a stream. Sometimes resting in pools while just trickling on down its path. This form should follow the pattern of flowing water, and the lesson that we can overcome difficulties and hardship if we go forward with self-confidence.

### **Basic Hand Movements:** 51-60

Left Back Stance Double Outside Block

Double Low Block

Double Face Guarding Block

Right Back Stance Double Outside Block

Double Low Block

Double Face Guarding Block

Horse Stance Double Back Fist

Double Elbow Back Strike

Left Hand High Block and Right Hand Low Side Block

Right Hand High Block and Left Hand Low Side Block (Ki-Hap)

### **Children Home Rule #7** (ages 12 and under)

Children must keep their body, hair and teeth clean at all times.

### **Student Creed #3** (ages 13 and up)

I will use what I learn in class constructively and defensively: to help myself and my fellow person and never be abusive or offensive.

### **Counting:** 51-60 (Yesun = 60)

### **Breaking:** Jumping Back Kick ( 7 & under), Backsweep ( 8 & up)



*Congratulations on your Brown Tip Belt!*

Below are the requirements to obtain your Red Belt.

Use these to set weekly goals.

**Poomsae:** Taegeuk Yuck Jang (Form # 6)

Represents water. Liquid and formless. Water always flows downward. Even when passing over obstacles, such as rocks in a stream. Sometimes resting in pools while just trickling on down its path. This form should follow the pattern of flowing water, and the lesson that we can overcome difficulties and hardship if we go forward with self-confidence.

**Basic Hand Movements:** 51-60

Left Back Stance Double Outside Block

Double Low Block

Double Face Guarding Block

Right Back Stance Double Outside Block

Double Low Block

Double Face Guarding Block

Horse Stance Double Back Fist

Double Elbow Back Strike

Left Hand High Block and Right Hand Low Side Block

Right Hand High Block and Left Hand Low Side Block (Ki-Hap)

**Children Home Rule #7** (ages 12 and under)

Children must keep their body, hair and teeth clean at all times.

**Student Creed #3** (ages 13 and up)

I will use what I learn in class constructively and defensively: to help myself and my fellow person and never be abusive or offensive.

**Counting:** 51-60 (Yesun = 60)

**Breaking:** Backsweep



*Congratulations on your Red Belt!*

Below are the requirements to obtain your Red White Belt.  
Use these to set weekly goals.

**Poomsae:** Taegeuk Chil Jang (Form #7)

Symbolizes a mountain and man's relationship to it. Man cannot climb a mountain in haste, but must plan his path and know when and where to stop and rest. This form should be executed freely with occasional fast actions. But knowing where and when to stop.

**Basic Hand Movements:** 61-70

Left Back Stance Double Knife Hand Outside Block  
Double Knife Hand Low Block  
Double Knife Hand Face Guarding Block  
Right Back Stance Double Knife hand Outside Block  
Double Knife Hand Low Block  
Double Knife Hand Face Guarding Block  
Horse Stance Double Knife Ridge Hand Outer Block  
Double Knife Hand Elbow Back Strike  
Left Knife Hand High Block and Right Hand Low Side Block  
Right Knife Hand High Block and Left Hand Low Side Block (Ki-Hap)

**Children Home Rule #8** (ages 12 and under)

Children will study their school work at school and homework at home.

**Student Creed #1-3** (ages 13 and up)

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health. I will develop self-discipline in order to bring out the best in myself and others. I will use what I learn in class constructively and defensively: to help myself and my fellow person and never be abusive or offensive.

**Counting:** 61-70 (ilheun = Seventy)

**Breaking:** Step Change Backsweep





## *Congratulations on your Red White Belt!*

Below are the requirements to obtain your Red Black Belt.

Use these to set weekly goals.

**Poomsae:** Taegeuk Chil Jang (Form #7) -- Symbolizes a mountain and man's relationship to it. Man cannot climb a mountain in haste, but must plan his path and know when and where to stop and rest. This form should be executed freely with occasional fast actions. But knowing where and when to stop.

### **Basic Hand Movements:** 61-70

Left Back Stance Double Knife Hand Outside Block  
Double Knife Hand Low Block  
Double Knife Hand Face Guarding Block  
Right Back Stance Double Knife hand Outside Block  
Double Knife Hand Low Block  
Double Knife Hand Face Guarding Block  
Horse Stance Double Knife Ridge Hand Outer Block  
Double Knife Hand Elbow Back Strike  
Left Knife Hand High Block and Right Hand Low Side Block  
Right Knife Hand High Block and Left Hand Low Side Block (Ki-Hap)

### **Children Home Rule #9** (ages 12 and under)

Children will not interrupt adult conversations.

### **Student Creed #1-3** (ages 13 and up)

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health. I will develop self-discipline in order to bring out the best in myself and others. I will use what I learn in class constructively and defensively: to help myself and my fellow person and never be abusive or offensive.

### **Counting:** 71-80 (Yeodeun =Eighty)

### **Breaking:** Step Change Backsweep



## *Congratulations on your Red Black Belt!*

Below are the requirements to obtain your Red Black Tip Belt.  
Use these to set weekly goals.

### **Poomsae:** Taegeuk Pal Jang (Form #8)

Symbolizes the earth. The earth is the source of all life. Things take life from it and grow on it, drawing limitless energy from it. The earth is where the creative force of heaven is embodied. The earth is always wordless, it hugs and grows everything. This form is a review of all fundamental actions. And is to be executed with boundless energy.

### **Basic Hand Movements 91-100**

Left Forward Stance Right Hand Target Strike, Right Hand Flat Spear Hand

Right Forward Stance Left Hand Target Strike, Left Hand Flat Spear Hand

Left Forward Stance Right Hand Knife Inside Block with Left Hand Knife Hand High Block, Then Right Hand Palm Strike

Right Forward Stance Left Hand Knife Inside Block with Right Hand Knife Hand High Block, then Hand Palm Strike

Horse Stance X-Low Block

Double Palm Strike to Middle

Double Elbow Strike to the Back

Left turn to Left Forward Stance Left Low Block, Then Left Leg Slides Back to Ready Stance with a Left Hand Hammer Fist

Right turn to Right Forward Stance Right Low Block, Then Right Leg Slides Back to Ready Stance with a Right Hammer Fist

X High Block, Twist, Pull Back to left Side, Left Punch, Right Punch (Ke-Hap)

**Children Home Rule #10** Children must show respect for teachers and peers at all times.  
(ages 12 and under) **Student Creed #1-3** (ages 13 and up)

**Counting:** 81-90 (Aheun = Ninety)

**Breaking:** Walking Backsweep



*Congratulations on your Red Black Tip Belt!*

Below are the requirements to obtain your Probationary Black Belt.

Use these to set weekly goals.

**Poomsae:** Taegeuk Pal Jang (Form #8)

Symbolizes the earth. The earth is the source of all life. Things take life from it and grow on it, drawing limitless energy from it. The earth is where the creative force of heaven is embodied. The earth is always wordless, it hugs and grows everything. This form is a review of all fundamental actions. And is to be executed with boundless energy.

**Basic Hand Movements 91-100**

Left Forward Stance Right Hand Target Strike, Right Hand Flat Spear Hand

Right Forward Stance Left Hand Target Strike, Left Hand Flat Spear Hand

Left Forward Stance Right Hand Knife Inside Block with Left Hand Knife Hand High Block, Then Right Hand Palm Strike

Right Forward Stance Left Hand Knife Inside Block with Right Hand Knife Hand High Block, then Hand Palm Strike

Horse Stance X-Low Block

Double Palm Strike to Middle

Double Elbow Strike to the Back

Left turn to Left Forward Stance Left Low Block, Then Left Leg Slides Back to Ready Stance with a Left Hand Hammer Fist

Right turn to Right Forward Stance Right Low Block, Then Right Leg Slides Back to Ready Stance with a Right Hammer Fist

X High Block, Twist, Pull Back to left Side, Left Punch, Right Punch (Ke-Hap)

**Children Home Rule #10** Children must show respect for teachers and peers at all times.  
(ages 12 and under) **Student Creed #1-3** (ages 13 and up)

**Counting:** 91-100 (Baek = One Hundred)

**Breaking:** Roundhouse Backsweep



*Congratulations on your Probationary Black Belt!*

Below are the requirements to obtain your Tips 1-3.

Use these to set weekly goals.

**Poomsae: Koryo**

Symbolizes 'seonbae' which means a learned man, who is characterized by a strong martial spirit as well as a righteous learned man's spirit.

**Basic Hand Movements 91-100**

Left Forward Stance Right Hand Target Strike, Right Hand Flat Spear Hand

Right Forward Stance Left Hand Target Strike, Left Hand Flat Spear Hand

Left Forward Stance Right Hand Knife Inside Block with Left Hand Knife Hand High Block, Then Right Hand Palm Strike

Right Forward Stance Left Hand Knife Inside Block with Right Hand Knife Hand High Block, then Hand Palm Strike

Horse Stance X-Low Block

Double Palm Strike to Middle

Double Elbow Strike to the Back

Left turn to Left Forward Stance Left Low Block, Then Left Leg Slides Back to Ready Stance with a Left Hand Hammer Fist

Right turn to Right Forward Stance Right Low Block, Then Right Leg Slides Back to Ready Stance with a Right Hammer Fist

X High Block, Twist, Pull Back to left Side, Left Punch, Right Punch (Ke-Hap)

**Children Home Rule #10** Children must show respect for teachers and peers at all times.  
(ages 12 and under) **Student Creed #1-3** (ages 13 and up)

**Counting:** 1-100

**Breaking:** Jumping Backsweep, Running Backsweep