

Color Belt Curriculum

Belt Color	Hand Technique	Form	Kicking Combo	Breaking
White	3 Rules of Focus	10 Basic Movement	Front Kick, Front Kick, Double Punch	Hammer Fist
Yellow	10 Basic Blocking	10 Basic Stance	Front Kick, Front Kick, Jumping Front Kick	Knifehand Strike
Sr. Yellow	Combination Technique	Basic Form	Roundhouse Kick, Roundhouse Kick, High Roundhouse Kick	Elbow Strike
Orange	Hand Technique #1	Taegeuk Il (1) Jang	Front Kick, Roundhouse Kick, Axe Kick	Axe Kick
Sr. Orange	Hand Technique #2	Taegeuk I (2) Jang	Sliding Roundhouse Kick	Roundhouse Kick
Green	Hand Technique #3	Taegeuk Sam (3) Jang	Sidekick, Step-Behind Side Kick, Double Punch	Side Kick
Sr. Green	Hand Technique #1, 2, 3	Taegeuk 1, 2, 3	Orange-Green	Skipping Side-Kick
Purple	Hand Technique #4	Taegeuk Sa (4) Jang	Skipping Side Kick, Roundhouse Kick, Turning Roundhouse Kick	Turning Roundhouse Kick
Sr. Purple	Hand Technique #5	Taegeuk Oh (5) Jang	Roundhouse Kick, Roundhouse Kick, Back Kick	Back Kick
Blue	Hand Technique #6	Taegeuk Yuk (6) Jang	Front Kick, Jumping Axe Kick, Double Punch, High Roundhouse	Jumping Axe Kick

Sr. Blue	Hand Technique #4, 5, 6	Taegeuk 4, 5, 6	Purple - Blue Kicking	Running Jumping Axe Kick
Brown	Hand Technique #7	Taegeuk Chil (7) Jang	Sliding Roundhouse Kick, Double Roundhouse Kick, Roundhouse Kick -> Same Foot High Roundhouse Kick	Flying Side Kick
Sr. Brown	Hand Technique #1, 3, 5, 7	Taegeuk 1, 3, 5, 7	Sliding Roundhouse Kick -> Same Foot High Roundhouse Kick, Back Foot Roundhouse Kick, One-Step Flying Side Kick	Step-Behind Hook Kick
Red	Hand Technique #8	Taegeuk Pal (8) Jang	Sliding Axe Kick, Roundhouse Kick, Spinning Hook Kick	Spinning Hook Kick
Sr. Red	Hand Technique #2, 4, 6, 8	Taegeuk 2, 4, 6, 8	Roundhouse Kick, Tornado Roundhouse Kick, Spinning Hook Kick	Tornado Roundhouse Kick
Junior Black Belt	Hand Technique #1-8	Taegeuk 1-8	All Kicking Combinations	4 Hand Techniques, 4 Kicks (Back Punch, Step-behind Elbow Strike, Turn-270-degrees Reverse Knife Hand, Turn-180-degrees Knife Hand Strike; Step-behind Side Kick, Step-forward Back Kick, Turn-270-degrees Jumping Axe Kick, Turn-180-degrees Step-forward Tornado Roundhouse Kick)