

Beginner Course

						Sr. Green
						Green
						Hand Technique #3
						Kicking Combo Side Kick, Step- behind Side Kick, Double Punch
						Poomsae Taegeuk Sam (3) Jang
						Kyukpa Side Kick
						Hand Technique #2
						Kicking Combo Sliding Roundhouse Kick, Roundhouse Kick, High Roundhouse Kick
						Poomsae Taegeuk I (2) Jang
						Kyukpa Roundhouse Kick
						Hand Technique #1
						Kicking Combo Front Kick, Roundhouse Kick, Axe Kick
						Poomsae Taegeuk II (1) Jang
						Kyukpa Axe Kick
						Orange
						Hand Technique
						Kicking Combo Roundhouse Kick, Roundhouse Kick, High Roundhouse Kick
						Poomsae Basic Form
						Kyukpa Elbow Strike
						Sr. Yellow
						Hand Technique Combo Techniques
						Kicking Combo Roundhouse Kick, Roundhouse Kick, High Roundhouse Kick
						Poomsae 3 Rules of Focus
						Kyukpa Hammer Fist
						Yellow
						Hand Technique 10 Basic Blocks
						Kicking Combo Front Kick, Front Kick, Jumping Front Kick
						Poomsae 10 Basic Stances
						Kyukpa Knife Hand Strike
						White
						Hand Technique 10 Basic Movements
						Kicking Combo Front Kick, Front Kick, Double Punch

Intermediate Course

			Sr. Blue
Purple	Sr. Purple	Blue	
Hand Technique #4 Kicking Combo Skipping Side Kick, Roundhouse Kick, Turning Roundhouse Kick Poomsae Taegeuk Sa (4) Jang Kyukpa Turning Roundhouse Kick	Hand Technique #5 Kicking Combo Roundhouse Kick, Roundhouse Kick, Back Kick Poomsae Taegeuk Oh (5) Jang Kyukpa Back Kick	Hand Technique #6 Kicking Combo Front Kick, Jumping Axe Kick, Double Punch, High Roundhouse Kick Poomsae Taegeuk Yuk (6) Jang Kyukpa Jumping Axe Kick	Hand Technique #4-6 Kicking Combo Purple-Blue Poomsae Taegeuk 4, 5, and 6 Kyukpa Running Jumping Axe Kick

Advanced Course

				Jr. Black
			Sr. Red	
		Red		
		Hand Technique #8		
Sr. Brown	Odd Hand Techniques		Even Hand Techniques	
Brown				
Hand Technique #7				All Hand Techniques
Kicking Combo Sliding Roundhouse Kick, Double	Kicking Combo Sliding Roundhouse Kick, Same-foot High Roundhouse Kick, Roundhouse Kick, Step-forward Flying Side Kick	Kicking Combo Sliding Axe Kick, Roundhouse Kick, Spinning Hook Kick	Kicking Combo Roundhouse Kick, Cut-jump Roundhouse Kick, Tornado Roundhouse Kick	All Kicking Combos
Poomsae Taegeuk Chil (7) Jang	Poomsae Taegeuk 1, 3, 5, and 7	Poomsae Taegeuk Pal (8) Jang	Poomsae Taegeuk 2, 4, 6, and 8	All Poomsae
Kyukpa Flying Side Kick	Kyukpa Step-behind Hook Kick	Kyukpa Spinning Hook Kick	Kyukpa Tornado Roundhouse Kick	Kyukpa 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)