

# Beginner Cour

White		Yellow	Sr. Yellow	Orange
<p><b>Hand Technique</b> 10 Basic Movements</p> <p>Kicking Combo Front Kick, Front Kick, Double Punch</p> <p>Poomsae 3 Rules of Focus</p> <p><b>Kyukpa</b> Hammer Fist</p>	<p><b>Hand Technique</b> 10 Basic Blocks</p> <p>Kicking Combo Front Kick, Front Kick, Jumping Front Kick</p> <p>Poomsae 10 Basic Stances</p> <p><b>Kyukpa</b> Knife Hand Strike</p>	<p><b>Hand Technique</b> Combo Techniques</p> <p>Kicking Combo Roundhouse Kick, Roundhouse Kick, High Roundhouse Kick</p> <p>Poomsae Basic Form</p> <p><b>Kyukpa</b> Elbow Strike</p>	<p><b>Hand Technique #1</b></p> <p>Kicking Combo Front Kick, Roundhouse Kick, Axe Kick</p> <p>Poomsae Taegeuk Il (1) Jang</p> <p><b>Kyukpa</b> Axe Kick</p>	

# Intermediate Course

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

# Advanced Course

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

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Sr. Orange	Green	Sr. Green
<p data-bbox="155 426 391 457">Hand Technique #2</p> <p data-bbox="151 499 396 680">Kicking Combo Sliding Roundhouse Kick, Roundhouse Kick, High Roundhouse Kick</p> <p data-bbox="164 730 383 800">Poomsae Taegeuk I (2) Jang</p> <p data-bbox="167 846 380 915">Kyukpa Roundhouse Kick</p>	<p data-bbox="435 384 670 415">Hand Technique #3</p> <p data-bbox="448 464 657 604">Kicking Combo Side Kick, Step- behind Side Kick, Double Punch</p> <p data-bbox="420 653 685 722">Poomsae Taegeuk Sam (3) Jang</p> <p data-bbox="496 768 609 837">Kyukpa Side Kick</p>	<p data-bbox="732 346 928 415">Hand Technique #1-3</p> <p data-bbox="740 464 920 533">Kicking Combo Orange-Green</p> <p data-bbox="716 579 945 648">Poomsae Taegeuk 1,2, and 3</p> <p data-bbox="721 695 940 764">Kyukpa Skipping Side Kick</p>

**Jr. Black**

**All Hand Techniques**

**All Kicking Combos**

**All Poomsae**

**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**