



Colored Belt Curriculum Summary

Intro Curriculum						
Current Rank	Poomsae		Sparring*	Self Defense*	Technique	Breaking (Attempts - Adult/Junior)
10th White	Kibon Hyung #1	Kibon Hyung #2	1 - 3 No Partner	1 - 2	Front Kick Round Kick Side Kick	40 Hammer Fist or Stomp (3/15)
9th White-Yellow					Axe Kick Crescent Kick Fake Front	45 Hammer Fist (3/15)

Beginner Students						
Current Rank	Poomsae		Sparring*	Self Defense*	Technique	Breaking (Attempts - Adult/Junior)
8th Yellow	Il Jang	Ee Jang	1 - 3 w/ Partner No Contact	1-4	Front-Round Round-Round Round-Side	50 Flying Side Kick/Side Kick (3/15)
7th Orange					Hook Step-up Side Spin-Side	55 Step-behind Side / Flying Side Kick Over Obstacle (3/10)

Intermediate Students						
Current Rank	Poomsae	Sparring*	Self Defense*	Technique	Fitness	Breaking (Attempts - Adult/Junior)
6th Green	Sam Jang	1-6 w/ Partner & Pad/Hogu 1 Round	1-8	Power Round Double Round 360 Round	60	Palm Heel Forward (3/10)
5th Purple	Sa Jang & Chung Bong 1			Crescent-Round Hook-Round-Side 360 Crescent	65	Spin Side/Back Kick (3/5)
4th Blue	Oh Jang & Chung Bong 2			Back Spin Hook Knife Foot 360 Axe	70	Front Kick and Forearm (3/5 each)

Advanced Students							
Current Rank	Poomsae		Sparring*	Self Defense*	Technique	Fitness	Breaking (Attempts - Adult/Junior)
3rd Brown	Yuk Jang & Chung Bong 3	Chil Jang & Chung Bong 4	1-9 w/ Partner & Hogu 2 Rounds	1-12	21 Movement (18 sec)	75	360 Axe and Knife Down (3/5 each)
2nd Red					21 Movement (15 sec)	80	Spin Hook and Knife Across (3/5 each)
1st Red-Black†	Pal Jang & Chung Bong 5		1-9 w/ Check & Finish 2 Rounds	22 Movement	21 Movement (12 sec)	90	Backspin Hook, Twin Front & Combo Choice (3/5 each)

* Current Set - Sparring and Self-Defense are on a rotating curriculum.

Sparring Rounds: Continuous 90s / Point Sparring 120s.

† Red-Black must have tested on all colored belt material to be eligible to test for black belt.