**Table of Contents**

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter to Students</td>
<td>2</td>
</tr>
<tr>
<td>About Master Cameron</td>
<td>3</td>
</tr>
<tr>
<td>What Makes a KC TKD Instructor?</td>
<td>4</td>
</tr>
<tr>
<td>History of Taekwondo</td>
<td>5</td>
</tr>
<tr>
<td>Poomsae of Taekwondo</td>
<td>6</td>
</tr>
<tr>
<td>Poomsae Information</td>
<td>7</td>
</tr>
<tr>
<td>Taekwondo Forms &amp; Meanings</td>
<td>8</td>
</tr>
<tr>
<td>Rules &amp; Values of the Dojang</td>
<td>9</td>
</tr>
<tr>
<td>Counting 1-100</td>
<td>10</td>
</tr>
<tr>
<td>Korean Terminology</td>
<td>11</td>
</tr>
<tr>
<td>Belt System &amp; Meanings</td>
<td>12</td>
</tr>
<tr>
<td>How to Tie a Belt</td>
<td>12</td>
</tr>
<tr>
<td>Minimum Time Required to Test</td>
<td>13</td>
</tr>
<tr>
<td>Stripe Testing Requirements</td>
<td>14-15</td>
</tr>
<tr>
<td>Little Dragons’ Belt Test Requirements</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>16</td>
</tr>
<tr>
<td>Yellow</td>
<td>17</td>
</tr>
<tr>
<td>Orange</td>
<td>18</td>
</tr>
<tr>
<td>Green</td>
<td>19</td>
</tr>
<tr>
<td>Purple</td>
<td>20</td>
</tr>
<tr>
<td>Children &amp; Adult Belt Test Requirements</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>21-22</td>
</tr>
<tr>
<td>Yellow</td>
<td>23-25</td>
</tr>
<tr>
<td>Orange</td>
<td>26-28</td>
</tr>
<tr>
<td>Green</td>
<td>29-31</td>
</tr>
<tr>
<td>Purple</td>
<td>32-34</td>
</tr>
<tr>
<td>Blue</td>
<td>35-37</td>
</tr>
<tr>
<td>Red</td>
<td>38-40</td>
</tr>
<tr>
<td>High Red</td>
<td>41-43</td>
</tr>
<tr>
<td>Brown</td>
<td>44-46</td>
</tr>
<tr>
<td>High Brown</td>
<td>47-48</td>
</tr>
<tr>
<td>1st Dan Black Belt</td>
<td>49-50</td>
</tr>
<tr>
<td>2nd Dan Black Belt</td>
<td>51-52</td>
</tr>
<tr>
<td>Knife Defense Techniques</td>
<td>53</td>
</tr>
</tbody>
</table>
Letter to Students
Kim & Cam’s Taekwondo Academy

Dear Taekwondo Family,

This manual is dedicated to all of the instructors and students. Over the years that our school has been open, many of you have requested written information ranging from the correct Korean names for different stances, blocks, and punches to the origins of Taekwondo itself. I have designed this manual to help answer your questions. It should be used as a reference guide and should help in both learning and teaching Taekwondo.

Taekwondo is the most popular martial art in the world. It was a demonstration sport at the 1988 Summer Olympics in Seoul, Korea as well as the 1992 Summer Olympics in Barcelona, Spain. Beginning with the 2000 Summer Olympics in Sydney, Australia it is a full medal sport, one of only two martial arts to have this honorable distinction.

Taekwondo has rapidly grown in popularity through the years due to the immense benefits it provides. Many of my students have found greater self-confidence, physical and mental discipline, and improved health as a result of their training. I hope you will all benefit from Taekwondo as I have through the years.

Sincerely,

Master Cameron B. Weber
Master Cameron Weber is a 4th Degree Black Belt certified by Kukkiwon (World Taekwondo Headquarters) and has dedicated his life to Martial Arts and improving lives of children, teens, and adults. Master Cam's true passion is working with children and having a positive impact on their lives and future aspirations. He leads high energy, fun, and unique classes to suit a variety of ages and learning styles. He is one of the few Masters in the world proficient in traditional, International Taekwondo Federation (ITF) style and World Taekwondo Federation (WTF) Olympic style Taekwondo. Master Cam is the Head instructor of Kim & Cam's Taekwondo Academy. He personally teaches and interacts with each student, building lasting, meaningful relationships.

Taekwondo Accomplishments:
- 4th Dan, Master Instructor- Kukkiwon Certified (World Taekwondo Headquarters)
- 2013 USA National Collegiate Taekwondo Team Member (Represented USA in South Korea)
- 1st Place 2013 USAT National Collegiate Championships
- 2nd Place 2013 USAT Senior National Championships
- 2nd Place 2014 USAT National Collegiate Championships
- Colorado State Taekwondo Team Member- 5 time State Champion
- Certified USA Taekwondo Referee
- Certified USA Taekwondo Coach
- Rocky Mountain Collegiate Taekwondo League- League MVP
- Undefeated in Colorado sanctioned sparring events
- Training Experience in South Korea, the birth place of Taekwondo
- Defeated Korean Collegiate National Team Member in televised scrimmage in South Korea
- Licensed Global Athlete
- Featured in Moosin Martial Arts Magazine

Education and Credentials:
- Business Management Degree (Honors), Media Studies (Minor)- Colorado State University-Spring 2014
- Background Check with Douglas County School District 2014
- Safe Sport Background Check with USA Taekwondo 2014
- CPR and AED Certified
Our instructors are what makes Kim & Cam’s Taekwondo Academy unique. We believe that quality instructors make the difference when it comes to your Taekwondo education. All instructors at Kim & Cam’s Taekwondo Academy are specially trained and brought up through our Taekwondo program so they have an extensive quality education to incorporate into their teaching. In addition to a substantial Taekwondo background, all of our instructors participate in our Leadership Elite program which instills good teaching habits and leadership development. These skills are crucial to us as there is more to being a good instructor than athleticism.
Taekwondo is a **Korean martial art that began over 2000 years ago**. Archaeologists have found drawings on the walls of ancient tombs that show men practicing different blocks and punches. The existence of these murals allows historians to date the origins of what we now call Taekwondo to around 50 BC.

In ancient times, Korea was divided into three kingdoms: **Koguryo, Paekje, and Silla**. Silla later unified the three kingdoms after winning the war against Paekje in 668 AD and Koguryo in 670 AD. The **Hwa Rang Do** helped in this unification. The Hwa Rang Do was an elite group of young noble men who devoted themselves to improving both their minds and bodies to better serve their **kingdom of Silla**. The **Hwa Rang Do** had an honor code and practiced various forms of martial arts, including Tae Kyon and Soo Bakh Do. These forms of martial arts are the origins of what we call Taekwondo today. Additionally, the honor code practiced by the Hwa Rang Do is the philosophical basis of modern Taekwondo.

Many years of peace followed the unification of the three kingdoms and allowed the people of Korea to learn and practice these martial arts.

Unfortunately, in 1909 the Japanese invaded Korea and forbid the practice of their martial art, that was then being called Soo Bak. Fortunately, people continued to practice Soo Bak in secret.

At the end of WWII, when Japan was driven from Korea, several different styles of martial arts began to develop. **A style or school of martial arts was called a “Kwan”**. Some of the different Kwans that developed were “Chung Do Kwan”, “Moo Duk Kwan”, “Yun Moo Kwan”, and “Ji Do Kwan”. Although they were similar in many ways, there were small differences. **There was no unified way to bow, punch, kick, or compete.** Eventually, the leaders of the separate kwans agreed that the different styles needed to unite in order to grow.

**In 1955, the kwans unified and in 1957, the name Taekwondo was adopted.** In 1973, the World Taekwondo Federation (WTF) was founded and in 1980, the International Olympic Committee (IOC) recognized the WTF. The 1988 & 1992 Summer Olympics presented Taekwondo as a demonstration sport and **beginning with the 2000 Summer Olympics** in Sydney, Australia, Taekwondo has joined Judo as the only two martial arts to be recognized by the IOC.
"Poomsae" is the Korean word for a form. All students of Taekwondo are required to learn certain forms. As students of the WTF style of Taekwondo you will learn Taegeuk Poomsae. The Taegeuk forms of Taekwondo are paradigms of the martial art. They contain the basic physical movements and also the philosophical thoughts from which the art was derived.

Literally, “Tae” means bigness and “geuk” means eternity. Combined Taegeuk means “great eternity”. The 8 patterns of the Taegeuk forms derive their meanings from the basic tenets of the orient’s oldest philosophical work, The Book of Changes. Koreans call this book Jooyeok. In the Book of Changes the universe is divided into eight subsequent combinations derived from the major forces of the universe, Yin and Yang. Yin is the ultimate creative power and Yang is the ultimate receptive power.

Each combination is represented by a symbol called a trigram, because it contains three lines. As the figure on the following page demonstrates, the 8 trigrams are arranged in a circle around the symbol for Yin and Yang. Opposite pairs are positioned across the circle from one another, to represent the interdependent polarities that compose the universe.

The following chart denotes the eight forms of Taekwondo and their meanings:

| 1. Taegeuk Il Jang | Keon | Heaven & Light |
| 2. Taegeuk Yi Jang | Tae  | Joy           |
| 3. Taegeuk Sam Jang | Ri   | Fire & Clarity |
| 4. Taegeuk Sa Jang | Jin  | Thunder       |
| 5. Taegeuk Oh Jang | Seon | Wind          |
| 6. Taegeuk Yuk Jang | Gam  | Water         |
| 7. Taegeuk Chil Jang | Gan  | Mountain      |
| 8. Taegeuk Pal Jang | Gon  | Earth         |

Together these concepts and symbols represent the balance of all nature. In the training of Taekwondo, as in life, we hope to find this balance. The poomsae carry with them not only the physical movements but also the meaning of Taekwondo.
The following should be considered while performing forms:

1. Form should begin and end at exactly the same spot. This indicates the quality of the performer’s stances and technique.
2. Correct posture and body position must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper, critical moments in the form.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the specifications of that pattern.
6. Exhale on exertion of each technique in order to maximize power.
7. Each pattern should be perfected before moving to the next.
8. Students should know the purpose of each movement.
Taekwondo Forms and Meanings

Kim & Cam’s Taekwondo Academy

WTF STYLE (OLYMPIC STYLE)

1. TAEGEUK IL JANG  Heaven and light
2. TAEGEUK YI JANG  Joy
3. TAEGEUK SAM JANG  Fire and clarity
4. TAEGEUK SA JANG  Thunder
5. TAEGEUK OH JANG  Wind
6. TAEGEUK YUK JANG  Water
7. TAEGEUK CHIL JANG  Mountains
8. TAEGEUK PAL JANG  Earth
9. KORYO  Named after an old Korean Dynasty. The people from the Goryeo defeated the Mongolian aggressors. It is intended that their spirit is reflected in the movements of the Poomsae Koryo. Each movement of this Poomsae represents the strength and energy needed to control the Mongols.

INTERNATIONAL TAEKWONDO FEDERATION (ITF) STYLE

1. CHONJI  Means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.
2. DANGUN  Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
3. DOSAN  Pseudonym of the patriot, Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
4. WONHYO  Noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
5. YULGOK  Pseudonym of a great philosopher and scholar, Yi l (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38 latitude, and the diagram represents “scholar”.
6. JOONGGUN  Named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn’s age when he was executed in a Lui-Shung prison (1910).
7. TOIGYE  Pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, and the diagram represents “scholar”.
8. HWARANG  Named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.
9. CHOONGMOO  Named after the great Admiral Yi-Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentially checked by the forced reservation of his loyalty to the king.
10. KWANGGAE  Named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.
11. POEUN  Pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.
12. GE BAEK  Named after Ge Baek, a great general in the Baek Je Dynasty (660 A.D.), The diagram represents his severe and strict military discipline.
1. Arrive early to class
2. Always bring your attendance card into class.
3. Attend at least two classes per week.
4. Students must bow when they enter or exit the school’s lobby.
5. Students must bow to the flags when entering or leaving the Dojang (training area).
6. Students must bow to the Masters and Instructors the first time they see them and the first time they enter the Dojang.
7. Tie your belt correctly and present yourself in a clean, neat manner.
8. Bring your full set of Kim & Cam’s Taekwondo Academy approved sparring equipment for all sparring classes.
9. Never climb on the kicking bags or misuse any equipment.
10. Never use bad language or insult another student.
11. Help keep the Dojang neat and orderly.
12. Do not engage in rough play before or after class.

Tenets of Taekwondo
1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit
5. Self-Control

Taekwondo Oath
1. Observe the Tenets of Taekwondo
2. Respect my instructor and senior belts
3. Never misuse Taekwondo
4. Build a more peaceful world
5. Be a champion of freedom and justice

Etiquette
- When lining up, students should line up by rank and then by age allowing higher ranking students and more senior students to line up first.
- When in groups, the lowest ranking student should get any required equipment. If there are multiple students of the same rank, the younger student should get the equipment.
- Bow and use two hands when exchanging equipment, papers, certificates, or any other items.
- Answer up. All questions and commands should be answered “Yes Sir/Ma’am” or “No Sir/Ma’am”.

Commands
Charyot           Attention
Kukke Yea Deehayo To the Flag
Kwanjangnim      To the Head Master
Sabumnim Kye     To the Master (4th to 6th degree)
Kyosanim Kye     To the Instructor (2nd to 3rd degree)
Kyunyeah          Bow
Kamsa Habneeda    Thank You Very Much
Hecho             Dismissed

How to Address Senior Belts
“Kwanjangnim”      Head Master
“Sabumnim”         Master (4th degree Black Belt or higher)
“Kyosanim”         Instructor (2nd and 3rd degree Black Belt)
When you are at the school, you must always address all senior belts as “Sir” or “Ma’am”. All questions are to be answered “Yes Sir/Ma’am” or “No Sir/Ma’am”
# Korean Numbers

<table>
<thead>
<tr>
<th>English</th>
<th>Korean</th>
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<tbody>
<tr>
<td>1 One</td>
<td>Hana</td>
</tr>
<tr>
<td>2 Two</td>
<td>Dule</td>
</tr>
<tr>
<td>3 Three</td>
<td>Set</td>
</tr>
<tr>
<td>4 Four</td>
<td>Net</td>
</tr>
<tr>
<td>5 Five</td>
<td>Dasot</td>
</tr>
<tr>
<td>6 Six</td>
<td>Yosot</td>
</tr>
<tr>
<td>7 Seven</td>
<td>Il Gob</td>
</tr>
<tr>
<td>8 Eight</td>
<td>Yo Dul</td>
</tr>
<tr>
<td>9 Nine</td>
<td>Ahop</td>
</tr>
<tr>
<td>10 Ten</td>
<td>Yul</td>
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<tr>
<td>20 Twenty</td>
<td>Sumul</td>
</tr>
<tr>
<td>30 Thirty</td>
<td>Sarun</td>
</tr>
<tr>
<td>40 Forty</td>
<td>Mahun</td>
</tr>
<tr>
<td>50 Fifty</td>
<td>Shehun</td>
</tr>
<tr>
<td>60 Sixty</td>
<td>Yesun</td>
</tr>
<tr>
<td>70 Seventy</td>
<td>Ilhun</td>
</tr>
<tr>
<td>80 Eighty</td>
<td>Yodun</td>
</tr>
<tr>
<td>90 Ninety</td>
<td>Ahun</td>
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<tr>
<td>100 One hundred</td>
<td>Bak</td>
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# Korean Ordinal Numbers

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<thead>
<tr>
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<tr>
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<td>3rd</td>
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<td>4th</td>
<td>Sa</td>
</tr>
<tr>
<td>5th</td>
<td>Oh</td>
</tr>
<tr>
<td>6th</td>
<td>Yuk</td>
</tr>
<tr>
<td>7th</td>
<td>Chil</td>
</tr>
<tr>
<td>8th</td>
<td>Pal</td>
</tr>
<tr>
<td>9th</td>
<td>Goo</td>
</tr>
<tr>
<td>10th</td>
<td>Ship</td>
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**Korean Terminology**

### Bar Chagie (Basic Kicks)

<table>
<thead>
<tr>
<th>Gyorugy Jazae</th>
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<tr>
<td>Podo Oligui</td>
<td>Rising Kick</td>
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<tr>
<td>Ap Chaggie</td>
<td>Front Kick</td>
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<tr>
<td>Pique Chaggie</td>
<td>Roundhouse Kick</td>
</tr>
<tr>
<td>Yop Chaggie</td>
<td>Side Kick</td>
</tr>
<tr>
<td>Bacat Chaggie</td>
<td>Outside Crescent Kick</td>
</tr>
<tr>
<td>An Chaggie</td>
<td>Inside Crescent Kick</td>
</tr>
<tr>
<td>Tchigo Chaggie</td>
<td>Axe Kick</td>
</tr>
<tr>
<td>Dolio Chaggie</td>
<td>High Roundhouse Kick</td>
</tr>
<tr>
<td>Mido Chaggie</td>
<td>Push Kick</td>
</tr>
<tr>
<td>Ti Chaggie</td>
<td>Back Kick</td>
</tr>
<tr>
<td>Ti Dolio Chaggie</td>
<td>Spinning Hook Kick</td>
</tr>
<tr>
<td>Timio Ti Chaggie</td>
<td>Jumping Back Kick</td>
</tr>
<tr>
<td>Timio Ti Dolio Chaggie</td>
<td>Jumping Spinning Hook Kick</td>
</tr>
<tr>
<td>Naraban Chaggie</td>
<td>Butterfly Kick</td>
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### Kibon Don Jak (Basic stances and hand techniques)

<table>
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<tr>
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<th>Shoulder Stance</th>
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<tr>
<td>Apkubi</td>
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<tr>
<td>Arae Makki</td>
<td>Low Block</td>
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<tr>
<td>Monton Thirugui</td>
<td>Middle Punch</td>
</tr>
<tr>
<td>Orgule Makki</td>
<td>Face Block</td>
</tr>
<tr>
<td>Pyonsoncut Seuo Thirugie</td>
<td>Middle Target Spear Finger Strike</td>
</tr>
<tr>
<td>Jebipoom Moc Chiggie</td>
<td>Palm Rising Block with Neck Strike</td>
</tr>
<tr>
<td>Dung Jumoc Ap Chiggie</td>
<td>Front Back Fist Strike</td>
</tr>
<tr>
<td>Palgub Dolio Chiggie</td>
<td>Elbow Strike</td>
</tr>
<tr>
<td>Palgub Chiggie</td>
<td>Elbow Strike to Palm</td>
</tr>
<tr>
<td>Hansonol Bitro Makki</td>
<td>Single Knife Hand Twist Block</td>
</tr>
<tr>
<td>Orgule Bacat Makki</td>
<td>High Outer Block</td>
</tr>
<tr>
<td>Batanson Monton Makki</td>
<td>Palm Middle Block</td>
</tr>
<tr>
<td>Kawe Makki</td>
<td>Scissor Block</td>
</tr>
<tr>
<td>Hecho Makki</td>
<td>Spread Block</td>
</tr>
<tr>
<td>Utgoro Makki</td>
<td>Low “X” Block</td>
</tr>
<tr>
<td>Waysantul Makki</td>
<td>Mountain Block</td>
</tr>
<tr>
<td>Tuc Chiggie</td>
<td>Chin Strike/Upper Cut</td>
</tr>
<tr>
<td>Absogi</td>
<td>Walking Stance</td>
</tr>
<tr>
<td>Jebipoom Hansionol Moc Chiggie</td>
<td>Knife Hand Neck Strike</td>
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<tr>
<td>Tui Kubi</td>
<td>Back Stance</td>
</tr>
<tr>
<td>Sonal Godolo Makki</td>
<td>Double Knife Hand Middle Block</td>
</tr>
<tr>
<td>Hansionol Monton Makki</td>
<td>Single Knife Hand Middle Block</td>
</tr>
<tr>
<td>Bacant Palmoc Makki</td>
<td>Outer Arm Middle Block</td>
</tr>
<tr>
<td>An Palmoc Makki</td>
<td>Inner Arm Middle Block</td>
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<td>Godolo Bacat Makki</td>
<td>Double Arm Outer Block</td>
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<td>Double Arm Outer Low Block</td>
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<td>Boomsogi</td>
<td>Tiger Stance</td>
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<td>Bantanson Monton Makki</td>
<td>Palm Middle Block</td>
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<tr>
<td>Monton Makki</td>
<td>Middle Block</td>
</tr>
<tr>
<td>Dung Jumoc Ap Chiggie</td>
<td>Front Back Fist Strike</td>
</tr>
</tbody>
</table>
Belt System and Meanings

10th Gup  White Belt  Purity — No knowledge of Taekwondo
9th Gup  Yellow Belt  Sunrise — Opening to receive new knowledge
8th Gup  Orange Belt  Sunset — Promise of a better tomorrow
7th Gup  Green Belt  Plant — Growth
6th Gup  Purple Belt  Power — The royal color of majesty
5th Gup  Blue Belt  Sky — Unlimited boundaries
4th Gup  Red Belt  Fire — Caution
3rd Gup  High Red Belt  Volcano — Fire creating Earth
2nd Gup  Brown Belt  Earth — Solid like mountains
1st Gup  High Brown Belt  Maturity — Ready to face responsibility
1st Dan  Black Belt  Completion of a life cycle and beginning of new life

How to Tie a Belt

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10.
The table below shows the minimum amount of time and number of classes required to be eligible to test. This applies to all students unless they are enrolled in a private lesson program or receive permission from Master Cam.

<table>
<thead>
<tr>
<th>Current Belt Color</th>
<th>Time</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Not Specified</td>
<td>Not Specified</td>
</tr>
<tr>
<td>Yellow</td>
<td>2 months</td>
<td>20 classes</td>
</tr>
<tr>
<td>Orange</td>
<td>2 months</td>
<td>20 classes</td>
</tr>
<tr>
<td>Green</td>
<td>3 months</td>
<td>30 classes</td>
</tr>
<tr>
<td>Purple</td>
<td>3 months</td>
<td>30 classes</td>
</tr>
<tr>
<td>Blue</td>
<td>4 months</td>
<td>40 classes</td>
</tr>
<tr>
<td>Red</td>
<td>4 months</td>
<td>40 classes</td>
</tr>
<tr>
<td>High Red</td>
<td>5 months</td>
<td>50 classes</td>
</tr>
<tr>
<td>Brown</td>
<td>6 months</td>
<td>50 classes</td>
</tr>
<tr>
<td>High Brown</td>
<td>6 months</td>
<td>Not Specified</td>
</tr>
</tbody>
</table>
Students in the TKD Tigers’ and KC Kids’ programs will earn stripes towards their next belt. Stripes prove to be a good way to help our younger students set intermediate goals and understand that one cannot always jump immediately to “the big prize.” Many times it is important to set smaller goals along the way to achieving a larger goal. The stripe system also helps students understand what they need to know and what a reasonable amount of time is to learn and develop an intimate understanding of their curriculum. Students of all belt colors from white to brown will need to earn four stripes of their next color belt in order to test for their next rank.

In addition to the four colored stripes, students will need to earn white stripes. White stripes are earned based on merit. Students can earn white stripes for a variety of behaviors including, but not limited to, working hard, exceptional discipline and respect, or setting a positive example outside of the Dojang. White belts are not required to earn white stripes. Yellow, orange, green, and purple belts need to earn at least one white stripe. Students who are blue, red, high red, or brown belts need to earn at least two white stripes to test.

First degree black belts under age 13 (in the KC Kids’ program) will also earn stripes. Stripes are awarded for each of the new forms that they are required to learn.

The tables on the next page show what students (TKD Tigers’ and KC Kids’) need to know and approximately how many classes they need to attend to earn each stripe. Instructors retain the right to promote students more quickly or slowly than described below based on a variety of factors including behavior, effort, skill level, and private lessons. Please note that the number of classes for the last stripe is less than the required number of classes to test as students should know everything ahead of time and polish their technique prior to testing.
# Stripe Test Requirements

**Kim & Cam’s Taekwondo Academy**

## Color Belt Stripe System:

<table>
<thead>
<tr>
<th>Belt Color</th>
<th>1st Stripe</th>
<th>2nd Stripe</th>
<th>3rd Stripe</th>
<th>4th Stripe</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Classes</td>
<td>Requirements</td>
<td>Classes</td>
<td>Requirements</td>
</tr>
<tr>
<td>White</td>
<td>3</td>
<td>Blocks</td>
<td>6</td>
<td>Kicks</td>
</tr>
<tr>
<td>Yellow</td>
<td>4</td>
<td>Kicks &amp; Hand Techniques</td>
<td>8</td>
<td>One-third of form</td>
</tr>
<tr>
<td>Orange</td>
<td>4</td>
<td>Kicks &amp; Hand Techniques</td>
<td>8</td>
<td>One-third of form</td>
</tr>
<tr>
<td>Green</td>
<td>7</td>
<td>Kicks &amp; Hand Techniques</td>
<td>14</td>
<td>First half of form</td>
</tr>
<tr>
<td>Purple</td>
<td>7</td>
<td>Kicks &amp; Hand Techniques</td>
<td>14</td>
<td>First half of form</td>
</tr>
<tr>
<td>Blue</td>
<td>8</td>
<td>Kicks &amp; Hand Techniques</td>
<td>16</td>
<td>First half of form</td>
</tr>
<tr>
<td>Red</td>
<td>8</td>
<td>First half of form</td>
<td>16</td>
<td>Full form</td>
</tr>
<tr>
<td>High Red</td>
<td>11</td>
<td>First half of form</td>
<td>22</td>
<td>Full form</td>
</tr>
<tr>
<td>Brown</td>
<td>11</td>
<td>First half of form</td>
<td>22</td>
<td>Full form</td>
</tr>
</tbody>
</table>

## 1st Dan Black Belt Stripe System:

<table>
<thead>
<tr>
<th>Stripe Color</th>
<th>Requirement</th>
<th>Time Since Black Belt Test</th>
<th>Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td></td>
<td>2 months</td>
<td>Koryo</td>
</tr>
<tr>
<td>Yellow</td>
<td></td>
<td>4 months</td>
<td>Tosan</td>
</tr>
<tr>
<td>Orange</td>
<td></td>
<td>6 months</td>
<td>Won Yo</td>
</tr>
<tr>
<td>Green</td>
<td></td>
<td>8 months</td>
<td>Yul Gok</td>
</tr>
<tr>
<td>Purple</td>
<td></td>
<td>10 months</td>
<td>Joon Gun</td>
</tr>
<tr>
<td>Blue</td>
<td></td>
<td>12 months</td>
<td>Taegeuk 1-5</td>
</tr>
<tr>
<td>Red</td>
<td></td>
<td>14 months</td>
<td>Taegeuk 6-8, Chonji, Dangun</td>
</tr>
</tbody>
</table>
TKD Tigers (Age 4-6)

WHITE BELT

(Testing White to Yellow)

Physical Requirements

A) Kicks
   1. Rising kick
   2. Front snap kick
   3. Roundhouse kick
   4. Side kick

B) Hand Techniques
   1. High block
   2. Middle inner block
   3. Low block
   4. Middle punch

C) Stances
   1. Attention stance
   2. Ready stance
   3. Shoulder stance
   4. Fighting stance
   5. Horse riding stance
   6. Front stance
   7. Listening stance

D) Form
   1. TKD Tiger Oren Saju Chedegi
      (4 punches & 4 blocks)

Mental Requirements

A) Count from 1 to 5 in Korean
   1. One – Hana
   2. Two – Dule
   3. Three – Set
   4. Four – Net
   5. Five – Dasot

B) Tenets of Taekwondo
   1. Courtesy
   2. Integrity
   3. Perseverance
   4. Indomitable Spirit
   5. Self-control

C) Know what part of the foot is used to strike for each kick
   1. Rising kick – Back of the heel
   2. Front snap kick – Ball
   3. Roundhouse kick – Top
   4. Side kick – Bottom of the heel

D) Phone Number
   1. Home phone number or parents’ cell phone number(s)
TKD Tigers (Age 4-6)

YELLOW BELT

(Testing Yellow to Orange)

Physical Requirements

A) Kicks
   1. Axe kick
   2. High roundhouse kick
   3. Inside crescent kick
   4. Outside crescent kick
   5. All previous kicks

B) Hand Techniques
   1. Reverse middle punch
   2. Reverse middle inner block
   3. All previous hand techniques

C) Stances
   1. Walking stance
   2. All previous stances

D) Form
   1. TKD Tiger Taegeuk Il Jang

Mental Requirements

A) Count from 1 to 10 in Korean
   1. One — Hana
   2. Two — Dule
   3. Three — Set
   4. Four — Net
   5. Five — Dasot
   6. Six — Yosot
   7. Seven — Il Gob
   8. Eight — Yo dul
   9. Nine — Ahop
   10. Ten — Yul

B) Meaning of the Tenets of Taekwondo
   1. Courtesy — Be nice to others
   2. Integrity — Do not lie
   3. Perseverance — Never give up
   4. Indomitable Spirit — Stay mentally strong
   5. Self-control — Always behave

C) Know what part of the foot is used to strike for each kick
   1. Axe kick — Back of the heel
   2. High roundhouse kick — Top
   3. Inside crescent kick — Inside edge of foot
   4. Outside crescent kick — Outside edge of foot

D) Home Address
TKD Tigers (Age 4-6)

ORANGE BELT

(Testing Orange to Green)

Physical Requirements

A) Kicks
   1. Push kick
   2. Back kick
   3. Jumping side kick
   4. All previous kicks

B) Hand Techniques
   1. High punch
   2. All previous hand techniques

C) Stances
   1. All previous stances

D) Form
   1. TKD Tiger Taegeuk Yi Jang

E) Board Breaking
   1. Push kick

Mental Requirements

A) Why do you Bow?
   1. To show respect. SIR/MA'AM!

B) When do you Bow?
   1. We bow when we enter and exit the school
   2. We bow to the flags when we enter and exit the Dojang
   3. We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them

C) Know and show right and left

D) Know what part of the foot is used to strike for each kick
   1. Push kick — Bottom of the heel
   2. Back kick — Bottom of the heel
   3. Jumping side kick — Bottom of the heel

E) Count 11-20 in Korean
   1. Eleven — Yul hana
   2. Twelve — Yul dule
   3. Thirteen — Yul set
   4. Fourteen — Yul net
   5. Fifteen — Yul dasot
   6. Sixteen — Yul yoset
   7. Seventeen — Yul il gob
   8. Eighteen — Yul yo dul
   9. Nineteen — Yul ahop
  10. Twenty — Sumul
TKD Tigers (Age 4-6)

GREEN BELT

(Testing Green to Purple)

Physical Requirements

A) Kicks
   1. Spinning hook kick
   2. Butterfly kick
   3. Jumping front kick
   4. All previous kicks

B) Hand Techniques
   1. Knife hand neck strike
   2. Single middle knife hand block
   3. All previous hand techniques

C) Stances
   1. All previous stances

D) Form
   1. TKD Tiger Taegeuk Sam Jang

Mental Requirements

A) Why do you yell in Taekwondo?
   1. To show power, focus, and confidence. SIR/MA’AM!

B) Taekwondo Oath
   1. I will observe the Tenets of Taekwondo
   2. I will respect my instructors and seniors
   3. I will never misuse Taekwondo
   4. I will help build a more peaceful world
   5. I will be a champion of freedom and justice

C) Know what part of the foot is used to strike for each kick
   1. Spinning hook kick — Back of the heel
   2. Butterfly kick — Top of the foot
   3. Jumping front kick — Ball

D) Count to 40 in Korean
   1. Thirty — Sarun
   2. Forty — Mahun
TKD Tigers (Age 4-6)

PURPLE BELT

(Testing Purple to Blue)

Physical Requirements

A) Kicks
1. Double roundhouse kick
2. Skipping front leg roundhouse kick
3. All previous kicks

B) Hand Techniques
1. Double middle knife hand block
2. Palm block
3. Palm rising block
4. Spear hand strike
5. All previous hand techniques

C) Stances
1. Back stance
2. All previous stances

D) Form
1. TKD Tiger Taegeuk Sa Jang

Mental Requirements

A) Home Rules
1. Be respectful to your parents, brothers, sisters, and pets
2. Keep your room clean
3. Put toys away after playing with them
4. Work hard in school

B) Know how to tie your belt

C) What are the rules of the dojang?

D) Know what part of the foot is used to strike for each kick
1. Double roundhouse kick — top of the foot
2. Skipping front leg roundhouse kick — top of the foot
WHITE BELT
(Testing White to Yellow)

Physical Requirements

A) Kicks
1. Rising kick
2. Front snap kick
3. Roundhouse kick
4. Side kick

B) Hand Techniques
1. High block
2. Middle inner block
3. Low block
4. Middle punch

C) Stances
1. Attention stance
2. Ready stance
3. Shoulder stance
4. Fighting stance
5. Horse riding stance
6. Front stance
7. Listening stance (children only)
8. “Kick me” stance (should never be used)

D) Form
1. Oren Saju Chedegi
2. When Saju Chedigi (Adults only)

E) Self-Defense (Adults Only)
The theme for the white belt self-defense is understanding the “Rule of Thumb”. The thumb is the weakest part of a grip and, therefore, the best place to try and escape.
1. Straight arm grab (right on left/left on right)
   — Circle towards the middle of your body and escape through the thumb
2. Cross hand grab (right on right/left on left)
   — Circle towards the outside of the body and escape through the thumb
WHITE BELT
(Testing White to Yellow)

Mental Requirements

A) What is Taekwondo?

B) What is the Bow?
   1. An oriental form of greeting and a symbol of respect. “Sir/Ma’am”!

C) Why do you Bow?
   1. We bow to show respect. “Sir/Ma’am”!

D) When do you Bow?
   1. When we enter/exit the school
   2. When we enter/exit the Dojang
   3. We bow to the Masters
   4. We bow to the Instructors
   5. We bow to all other black belts and our fellow students

E) What is the meaning of the white belt?
   1. The white belt signifies purity, no knowledge of Taekwondo. “Sir/Ma’am”!

F) Count from 1 to 5 in Korean
   1. One — Hana
   2. Two — Dule
   3. Three — Set
   4. Four — Net
   5. Five — Dasot

G) Tenets of Taekwondo and their meanings
   1. Courtesy — Be nice to others and treat them with respect
   2. Integrity — Do not lie and treat others fairly
   3. Perseverance — Never give up
   4. Indomitable Spirit — Keep a positive attitude
   5. Self-control — Control your thoughts, words, and actions

H) Know what part of the foot is used to strike for each kick
   1. Rising kick — Back of the heel
   2. Front snap kick — Ball
   3. Roundhouse kick — Instep (top)
   4. Side kick — Bottom of the heel

I) Be able to identify, define, and answer questions about the current life skill concept. (Children only)
YELLOW BELT
(Testing Yellow to Orange)

Physical Requirements

A) Kicks
   1. Axe kick
   2. High roundhouse kick
   3. Inside crescent kick
   4. Outside crescent kick
   5. All previous kicks

B) Hand Techniques
   1. Reverse middle punch
   2. Reverse middle inner block
   3. Low punch
   4. All previous hand techniques

C) Stances
   1. Walking stance
   2. All previous stances

D) Form
   1. Taegeuk Il Jang
   2. All previous forms (Adults only)

E) Self-defense (Adults only)
   The theme for the yellow belt self-defense is how to escape and counter from single hand wrist grabs.
   1. Straight arm grab (right on left/left on right)
      i) On the hand that is being grabbed, turn the hand so the palm is facing up. Reach underneath with the free hand, grab the attacker's hand and pull down. Rotate the hand that was being grabbed to the back of the attacker's hand. With both hands, rotate the attacker's wrist to the outside of your body while pushing the hand towards him/her. If done correctly, the wrist can be broken.
      ii) Rotate the hand that is being grabbed towards the outside. At the top of the rotation (by your head) grab the back of the attacker's hand with your free hand. Step in placing the elbow on top of the attacker's arm and press down. When done correctly, you can break the wrist, elbow, or shoulder, depending on where you apply pressure.
   2. Cross hand grab (right on right/ left on left)
      i) Rotate the hand that is being grabbed from inside to outside grabbing the attacker's wrist. With the free hand, press down on the shoulder of the attacker (the arm he/she is grabbing with) while lifting up the wrist. When done correctly, you can break the wrist, elbow, or shoulder depending on where you apply pressure.
Mental Requirements

A) What is the Taekwondo Oath?
   1. I will observe the Tenets of Taekwondo
   2. I will respect my instructors and seniors
   3. I will never misuse Taekwondo
   4. I will help build a more peaceful world
   5. I will be a champion of freedom and justice

B) Why do we Kiehap (yell) in Taekwondo
   1. To develop spiritual strength with concentration, power, and confidence. “Sir/Ma’am”!

C) Why do you belt test?
   1. To demonstrate our knowledge and preparation of Taekwondo. To gain confidence by performing under pressure and to let a qualified judge determine the stage of our knowledge. “Sir/Ma’am”!

D) What is the meaning of the Yellow belt?
   1. The yellow signifies sunrise—opening to receive new knowledge. “Sir/Ma’am”!

E) What is the meaning of Taegeuk Il Jang?
   1. The first Taegeuk form signifies heaven and light. “Sir/Ma’am”!

F) Count from 6 to 10 in Korean.
   1. Six — Yosot
   2. Seven — Il gob
   3. Eight — Yo dul
   4. Nine — Ahop
   5. Ten — Yul

G) Know what part of the foot is used to strike for each kick.
   1. Axe kick — Back of the heel
   2. High roundhouse kick — Instep
   3. Inside crescent kick — Inside edge of the foot
   4. Outside crescent kick — Outside edge of the foot

H) What are the rules of the Dojang?
   1. See introduction section of the manual, page 8.

I) Be able to identify, define, and answer questions about the current life skill concept. (Children only)

J) All previous mental requirements.
YELLOW BELT

(Testing Yellow to Orange)

Taegeuk Il Jang

https://www.youtube.com/watch?v=EsHoF3xKpBs
ORANGE BELT
(Testing Orange to Green)

Physical Requirements

A) Kicks
   1. Push kick
   2. Back kick
   3. Jumping side kick
   4. Spinning hook kick
   5. All previous kicks

B) Hand Techniques
   1. High punch
   2. All previous hand techniques

C) Stances
   1. All previous stances

D) Form
   1. Taegeuk Yi Jang
   2. All previous forms (Adults only)

E) Board Breaking
   1. Push kick

F) Falling
   1. Back fall from a squatting position
   2. Front fall from knees

G) Self-Defense (Adults only)
   The theme for the orange belt self-defense is how to escape and counter from double hand wrist grabs
   1. Two hands on one
      i) Reach in-between the attacker's arms and grab your own hand. Lift your elbow (of the arm that's being grabbed) towards the attacker's chin.
      ii) With your free hand, reach across and grab your own hand. Quickly make a small circle towards the middle of your body cutting across the attacker's wrists.
   2. Two hands
      i) Following the Rule of Thumb, rotate both hands towards the inside and escape through the thumb.
      ii) Bring both arms up to your chest and use your elbow to strike the attacker's arms.
ORANGE BELT
(Testing Orange to Green)

Mental Requirements

A) What is the meaning of the Orange belt?
   1. The orange belt signifies sunset — promise of more opportunities tomorrow. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Yi Jang?
   1. The second Taegeuk form signifies joy. “Sir/Ma’am”!

C) Count 11 to 20 in Korean
   1. Eleven — Yul hana
   2. Twelve — Yul dule
   3. Thirteen — Yul set
   4. Fourteen — Yul net
   5. Fifteen — Yul dasot
   6. Sixteen — Yul yoset
   7. Seventeen — Yul il gob
   8. Eighteen — Yul yo dul
   9. Nineteen — Yul a hop
  10. Twenty — Sumul

D) What are the commandments of Taekwondo?
   1. Respect your parents
   2. Respect your brothers and sisters
   3. Be loyal to your friends
   4. Respect your elders
   5. Respect your teachers
   6. Finish what you begin

E) What are the four physical components of power?
   1. Follow-through
   2. Accuracy
   3. Speed
   4. Technique

F) Know what part of the foot is used to strike for each kick.
   1. Push kick — Bottom of the heel
   2. Back kick — Bottom of the heel
   3. Spinning hook kick — Back of the heel
   4. Jumping side kick — Bottom of the heel

G) Be able to identify, define, and answer questions about the current life skill concept (Children only)

H) All previous mental requirements.
ORANGE BELT
(Testing Orange to Green)

Taegeuk Yi Jang

https://www.youtube.com/watch?v=6eqm3ALrLG4
GREEN BELT
(Tested Green to Purple)

Physical Requirements

A) Kicks
   1. Double roundhouse
   2. Butterfly kick
   3. Jumping front kick
   4. All previous kicks

B) Hand Techniques
   1. Knife hand neck strike
   2. Single middle knife hand block
   3. All previous hand techniques

C) Stances
   1. Back stance
   2. All previous stances

D) Form
   1. Taegeuk Sam Jang
   2. All previous forms (Adults only)

E) Board Breaking
   1. Jumping side kick

F) Falling
   1. Falling to the right side from a squatting position
   2. Falling to the left side from a squatting position

G) Self-Defense (Adults only)
   The theme for the Green belt self-defense is how to escape and counter from collar grabs.
   1. Single hand collar grab
      i) Reach across and grab the back of the attacker’s hand. Rotate so the attacker’s thumb is down. With the other hand, bend the attacker’s elbow. Rotate the attacker’s hand so his/her pinky rotates towards his/her face while taking one step forward.
      ii) Grab the attacker’s arm as if you are shaking hands with his/her elbow. Walk under your arm and turn to the attacker’s back creating an arm lock.
   2. Double hand collar grab
      i) One punch to the base of the attacker’s throat.
      ii) Bring one hand underneath the attacker’s hands. Grab your own hand and step across while thrusting your arms as if you are swinging a baseball bat.
GREEN BELT

(Testing Green to Purple)

Mental Requirements

A) What is the meaning of the Green belt?
   1. The green belt represents the green color of plants and signifies growth. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Sam Jang?
   1. The third Taegeuk form signifies fire and clarity. “Sir/Ma’am”!

C) What does cooperation mean?
   1. Working together as a team. “Sir/Ma’am”!

D) How do you use cooperation in the following settings:
   1. At home?
   2. At school/work?
   3. At Taekwondo?

E) What are the four mental components of power?
   1. Focus
   2. Desire
   3. Visualization
   4. Confidence

F) Know what part of the foot is used to strike for each kick
   1. Butterfly kick — Instep
   2. Double roundhouse kick — Instep
   3. Jumping front kick — Ball of the foot

G) Know how to tie your belt correctly and be able to demonstrate tying the belt at the testing.

H) Be able to identify, define, and answer questions about the current life skill concept (Children only)

I) All previous mental requirements
GREEN BELT

(Testing Green to Purple)

Taegeuk Sam Jang

https://www.youtube.com/watch?v=hXfGuwylCYY
PURPLE BELT
(Testing Purple to Blue)

Physical Requirements

A) Kicks
   1. Skipping front leg side kick
   2. Skipping front leg roundhouse kick
   3. Skipping front leg double roundhouse kick
   4. All previous kicks

B) Hand Techniques
   1. Double middle knife hand block
   2. Palm block
   3. Knife hand rising block
   4. Spear hand strike
   5. Front back fist strike
   6. Outer middle block
   7. All previous hand techniques

C) Stances
   1. All previous stances

D) Form
   1. Taegeuk Sa Jang
   2. All previous forms (Adults only)

E) Rolling
   1. Forward shoulder roll from knees
   2. Backward shoulder roll from knees or laying down on back

F) Board Breaking
   1. Back kick

G) Il Bo Gyorugy (1-Step Sparring) #1-4
   1. Step to the right side/left hand single middle knife hand block
   2. Step to the left side/right hand single middle knife hand block
   3. Step back with the right foot into fighting stance moving away from the attack
   4. Step back with the left foot into fighting stance moving away from the attack

H) Self-Defense (Adults only)
The theme for the Purple belt self-defense is how to escape and counter from hair grabs
   1. One handed hair grab from front
      i) Grab the attacker’s hand so he/she can’t pull your hair. Put your arm on top of the attacker’s arm. Press down on his/her elbow until he/she is in an arm bar.
      ii) Grab the attacker’s hand so he/she can’t pull your hair. Lean forward, towards the attacker. Step back as you lean forward causing the attacker’s wrist to bend backwards until he/she lets go.
PURPLE BELT
(Testing Purple to Blue)

Mental Requirements

A) What is the meaning of the Purple belt?
   1. The Purple belt represents power, the royal color of majesty. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Sa Jang?
   1. The fourth Taegeuk form signifies thunder. “Sir/Ma’am”!

C) Count from 20 to 40 in Korean.
   1. Twenty — Samul
   2. Thirty — Sarun
   3. Forty — Mahun

D) What are the three rules of concentration
   1. Focus your eyes
   2. Focus your mind
   3. Focus your body

E) Why do we practice controlled Olympic sparring?
   1. To demonstrate mental discipline
   2. To show physical control over ourselves
   3. To build self-confidence which indicates a strong mind

F) Know what part of the foot is used to strike for each kick.
   1. Skipping front leg roundhouse kick — Instep
   2. Skipping front leg side kick — Bottom of the heel
   3. Skipping front leg double roundhouse kick — Instep

G) Be able to identify, define, and answer questions about the current life skill concept (Children only)

H) All previous mental requirements.
PURPLE BELT
(Testing Purple to Blue)

Taegeuk Sa Jang

https://www.youtube.com/watch?v=W3R4CqEISUU
BLUE BELT
(Testing Blue to Red)

Physical Requirements

A) Kicks
1. Low-high double roundhouse kick
2. Jumping back kick
3. Jumping spinning hook kick
4. All previous kicks

B) Hand Techniques
1. Downward hammer fist strike
2. Middle section elbow strike
3. Left elbow strike to right palm
4. Right elbow strike to left palm
5. All previous hand techniques

C) Stances
1. Left “L” stance
2. Right “L” stance
3. Axe stance
4. All previous stances

D) Form
1. Taeguk Oh Jang
2. All previous forms (Adults only)

E) Olympic Sparring
1. Attend a minimum of one sparring class per month

F) Board Breaking
1. Back kick or Jumping back kick (Master’s choice)

G) Balance
1. Hold side kick—punch combination for three seconds

H) Falling
1. Back fall from standing up
2. Front fall from standing up

I) Il Bo Gyorugy (1-Step Sparring)
1. Creative 1-step sparring
   i) Five techniques, predominately kicks

J) Self-Defense (Adults only)
The theme for the Blue belt self-defense is how to escape and counter from a head lock.
1. Head lock from behind and to the side
   i) Grab the attacker’s arm and pull down and tuck in chin to allow breathing. Step behind the attacker with the inside leg. Grab the back of the attacker’s head or shirt and pull back so he/she falls over your leg.
2. Head lock from behind and to the side with attacker punching
   i) Grab the attacker’s arm and pull down and tuck in chin to allow breathing. Reach across the front of the attacker and stuff your hand into his/her elbow so he/she cannot punch you. Grab the punching arm from behind with your other hand. Release with the first hand and grab the attacker’s choking wrist. Simultaneously step back, stand up, and pull down on the wrist. Duck under the arm and create an arm lock behind the attacker.
BLUE BELT
(Testing Blue to Red)

Mental Requirements

A) What is the meaning of the Blue belt?
   1. The Blue belt represents the sky and the unlimited boundaries of Taekwondo. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Oh Jang?
   1. The fifth Taegeuk form signifies wind. “Sir/Ma’am”!

C) Why is it important to get good grades in school?
   1. To develop good self-discipline
   2. To develop good work habits
   3. Provide opportunities to better my future

D) Count from 1st to 10th.
   1. 1st    Il
   2. 2nd    Yi
   3. 3rd    Sam
   4. 4th    Sa
   5. 5th    Oh
   6. 6th    Yuk
   7. 7th    Chil
   8. 8th    Pal
   9. 9th    Goo
  10. 10th  Ship

E) Submit written examples of how you live the tenets of Taekwondo.
   Give an example of how you live each tenet at home, at school/work, and at Taekwondo. In total, you should have 15 examples (three for each of the five tenets). This should be typed and submitted with your belt test application prior to testing.

F) Know what part of the foot is used to strike for each kick.
   1. Low/high double roundhouse kick — Instep
   2. Jumping back kick — Bottom of the heel
   3. Jumping spinning hook kick — Back of the heel

G) Be able to identify, define, and answer questions about the current life skill concept (Children only)

H) All previous mental requirements.
BLUE BELT
(Testing Blue to Red)

Taegeuk Oh Jang

https://www.youtube.com/watch?v=kKm2kSsgBK4
RED BELT
(Testing Red to High Red)

Physical Requirements

A) Kicks
1. Side kick – Back kick combination
2. Skipping front leg side kick—back kick combo
3. All previous kicks

B) Hand Techniques
1. Middle palm block
2. High outer middle knife hand block
3. High outer middle block
4. All previous hand techniques

C) Stances
1. All previous stances

D) Form
1. Taegeuk Yuk Jang
2. All previous forms (Adults only)

E) Olympic Sparring
1. Attend a minimum of one sparring class per month

F) Intra-school tournament (Children only)
1. Participate in an intra-school tournament within 8 months prior to testing for high Red belt

G) Board Breaking
1. Jumping back kick or other technique (Master’s choice)

H) Falling
1. Fall to the right from standing up
2. Fall to the left from standing up

I) Il Bo Gyorugy (1-Step Sparring)
1. Creative 1-step sparring
   i) Five techniques, no take-downs, predominantly strikes with hands and elbows

J) Anja Gyorugy #1-4 (Knee Sparring)
1. Lift right knee/left hand knife hand block/right hand middle punch/left hand low punch/right hand high punch
2. Lift right knee/left hang knife hand block/right hand neck strike/grab opponent’s shoulder and wrist/move right leg behind opponent’s right leg/sweep and punch to the face with the right hand
3. Lean to the right placing both hands on the floor for support/left foot side kick to opponent’s face
4. Lift right knee/right hand inside middle block/right hand elbow to ribs/right hand back fist strike to opponent’s face
RED BELT
(Testing Red to High Red)

Physical Requirements Continued...

K) Self-Defense (Adults only)
The theme for the Red belt self-defense is how to escape and counter from a bear hug.
1. Over both arms
   i) Bring your inside leg behind the attacker into a horse riding stance. Lean back and open arms as much as possible causing attacker to fall. Side kick to attacker’s body.
   ii) Inhale and bring your arms to the middle of your body, making yourself as narrow as possible. Explode downward and throw arms open. Reach between your legs and grab the attacker’s foot. Pull up the foot while sitting on the thigh causing attacker to fall. Kick the attacker’s body.
2. Under both arms
   i) Reach across grabbing the attacker’s top hand. Grab a finger and while holding the attacker’s hand, pull the finger so it breaks.

Mental Requirements

A) What is the meaning of the Red belt?
   1. The Red belt represents fire — use caution when practicing Taekwondo. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Yuk Jung?
   1. The sixth Taegeuk form signifies water. “Sir/Ma’am”!

C) Give an example of self-discipline in the following settings:
   1. At home?
   2. At school/work?
   3. At Taekwondo?

D) What is Confidence?
   1. Believing in yourself

E) How has Taekwondo influenced your life?

F) Know what part of the foot is used to strike for each kick.
   1. Side kick — back kick combination — Bottom of the heel
   2. Skipping front leg side kick — back kick combination — Bottom of the heel

G) Be able to identify, define, and answer questions about the current life skill concept (Children only)

H) All previous mental requirements
RED BELT
(Testing Red to High Red)

Taegeuk Yuk Jang

https://www.youtube.com/watch?v=8s_BlbccXqU
HIGH RED BELT  
(Testing High Red to Brown)  

Physical Requirements  

A) Kicks  
1. 360° back kick  
2. All previous kicks  

B) Hand Techniques  
1. Double low knife hand block  
2. Upper palm block  
3. Scissor block  
4. Low “X” block  
5. High “X” block  
6. Spread block  
7. Side back fist strike  
8. Double middle uppercut punch  
9. Grab head — knee strike combination  
10. All previous hand techniques  

C) Stances  
1. Tiger stance  
2. All previous stances  

D) Form  
1. Taeguek Chil Jang  
2. All previous forms (Adults only)  

E) Olympic Sparring  
1. Attend a minimum of two sparring class per month  

F) Board Breaking  
1. Master’s choice  

G) Rolling  
1. Front shoulder roll from standing  
2. Back shoulder roll after back fall from standing  

H) Strength Test  
1. 20 pushups  
2. 20 sit ups  

I) Il Bo Gyorugy (1-Step Sparring)  
1. Creative 1-step sparring  
   i) Five techniques, predominantly take downs  

J) Anja Gyorugy #5-8 (Knee Sparring)  
5. Lift left knee/right hand outer knife hand block/left hand middle punch/right hand low punch/left hand high punch  
6. Lift left knee/right hand outer knife hand block and grab opponent’s wrist/left hand middle punch/move left foot inside of opponent’s right foot and sweep/left hand elbow strike to back of the head  
7. Lift left knee/high “X” block/rotate left hand towards your face and grab opponent’s wrist/rotate arm clockwise/right foot kick opponent’s right foot causing him/her to fall/right hand neck strike to the back of the neck  
8. Lift right knee/left hand outer knife hand block and grab the wrist/right hand grab opponent’s right calf/pull arm towards you and leg across your body/right hand punch  

K) Self-Defense (Adults Only)  
The theme for the high Red belt self-defense is beginning to make it natural  
1. Random grabs from previous self-defense techniques
HIGH RED BELT
(Testing High Red to Brown)

Mental Requirements

A) What is the meaning of the High Red belt?
   1. The High Red belt represents volcano — fire creating earth. “Sir/Ma’am”!

B) What is the meaning of Taegeuk Chil Jang?
   1. The seventh Taegeuk form signifies mountains. “Sir/Ma’am”!

C) What are the five virtues of a leader?
   1. Intelligence
   2. Trustworthiness
   3. Humaneness
   4. Courage
   5. Sternness

D) What makes you a leader in the following settings?
   1. At home?
   2. At school/work?
   3. At Taekwondo?

E) Know what part of the foot is used to strike for each kick.
   1. 360° Back kick — Bottom of the heel

F) What is the Korean word for form?
   1. “Poomsae”

G) Identify essential components to performing poomsae.

H) Be able to identify, define, and answer questions about the current life skill concept (Children only)

I) Essay: How Taekwondo has changed my life. (1 page, typed and double spaced)

J) All previous mental requirements
HIGH RED BELT
(Testing High Red to Brown)

Taegeuk Chil Jang

https://www.youtube.com/watch?v=1TlrMJTaIiY
BROWN BELT
(Testing Brown to High Brown)

Physical Requirements

A) Kicks
1. 360º Spinning hook kick
2. Jumping front—axe kick combination
3. All previous kicks

B) Hand Techniques
1. Double middle fist block
2. Double low fist block
3. Mountain block
4. Uppercut punch to jaw
5. Low, middle, high block with two handed chamber
6. All previous hand techniques

C) Form
1. Taegeuk Pal Jang
2. All previous forms (Adults only)

D) Olympic Sparring
1. Attend a minimum of two sparring class per month

E) Board Breaking
1. Master’s choice

F) Strength Test
1. 30 pushups
2. 30 sit ups

G) Endurance Test
1. Two minutes of Master’s Choice (nonstop kicking on paddles)

H) Il Bo Gyorugy (1-Step Sparring)
1. Creative 1-step sparring
   i) Five techniques, predominantly joint locks and breaks

I) Anja Gyorugy #1-8 (Knee Sparring)

J) Intra-school tournament (Children only)
1. Participate in an intra-school tournament within 8 months prior to testing for high Red belt

K) Self-Defense
1. Random grabs from previous self-defense techniques (Adults only).
2. Children should perform the wrist grab techniques listed for the adults in the white, yellow, and orange belt curricula.
BROWN BELT
(Testing Brown to High Brown)

Mental Requirements

A) What is the meaning of the Brown belt?
   1. The Brown belt represents Earth — your Taekwondo skills should be solid like the mountains.
      “Sir/Ma’am”!

B) History of Taekwondo
   1. Study from the history in the manual’s introduction section on page 4.

C) What is the meaning of Taegeuk Pal Jang?
   1. The eighth Taegeuk form signifies earth. “Sir/Ma’am”!

D) Names, Symbols, and Meanings of all eight Taegeuk Forms
   1. Study from the manual’s introduction section on page 5.

E) Identify the importance of Taegeuk Poomsae in Taekwondo tradition.
   1. Study from the manual’s introduction section on page 5.

F) Know what part of the foot is used to strike for each kick.
   1. 360° Spinning hook kick — back of the heel
   2. Jumping front — Axe kick Combination — Ball of foot— Back of heel

G) Perform the commands to bow into and out of classes
   1. See introduction section of the manual, page 8.

H) Know how to address instructors
   1. Kwanjangnim  Head Master
   2. Sabumnim  Master (4th degree or higher)
   3. Kyosanim  Instructor (2nd and 3rd degree Black Belt)

I) Be able to identify, define, and answer questions about the current life skill concept (Children only)  

J) All previous mental requirements
BROWN BELT

(Testing Brown to High Brown)

Taegeuk Pal Jung

https://www.youtube.com/watch?v=OSeadr-8Do8
HIGH BROWN BELT
(Testing High Brown to Black)

Physical Requirements

A) Attendance
   1. Fulfill the attendance requirements upon entering the Black Belt Candidate program

B) Kicks
   1. All previous kicks

C) Hand Techniques
   1. C-block
   2. Outside middle block
   3. All previous techniques

D) Stances
   1. All previous stances

E) Forms
   1. Chonji
   2. Tangoon
   3. All previous forms

F) Olympic Sparring
   1. Against one or two opponents

G) Board breaking
   1. Five boards, creative combination including 1-2 hand techniques

H) Strength test
   1. 50 pushups
   2. 50 sit ups

I) Endurance test
   1. Two rounds of Master's Choice—Two minutes each round with a 30 second break in between

J) Il Bo Gyorugy (1-Step Sparring)
   1. Creative 1-Step Sparring — 25 techniques

K) Anja Gyorugy (Knee Sparring)
   1. Perform numbers 1-8

L) Self-Defense
   1. Perform all techniques listed in the White through Red belt curriculum
HIGH BROWN BELT
(Testing High Brown to Black)

Mental Requirements

*Note: Mental requirements will be in the form of a written test prior to the physical Black Belt test.

A) What is the meaning of the High Brown belt?
   1. The High Brown belt signifies maturity and being ready to accept responsibility.

B) What does WTF stand for?
   1. World Taekwondo Federation

C) Name the WTF forms that you know.
   1. All Taegeuks are WTF forms, students should know the name of all eight.

D) What does ITF stand for?
   1. International Taekwondo Federation

E) Name the ITF forms that you know.
   1. Chonji and Tangoon

F) Be able to identify key components to executing each kick correctly.

G) Korean terminology for all kicks

H) Korean terminology for hand techniques and stances (Adults only.

I) Essay: Prompts will be assigned by instructors during candidacy.
   (Two pages, double spaced, standard font and margins)

J) All previous mental requirements

Other Requirements

A) Minimum 3.0 GPA or equivalent for students

B) Community service
1st DEGREE BLACK BELT
(Testing 1st Degree to 2nd Degree)

Physical Requirements

A) Attendance
   1. Fulfill the attendance requirements upon entering the Black Belt Candidate program

B) Kicks
   1. All previous kicks

C) Hand Techniques
   1. Stick block
   2. Pressing block
   3. Twin outside middle block
   4. Tiger mouth strike
   5. Outside middle ridge hand block
   6. All previous hand techniques

D) Stances
   1. All previous stances

E) Forms
   1. Koryo
   2. Tosan
   3. Won Yo
   4. Yul Guk
   5. Joon Gun
   6. All previous forms

F) Olympic Sparring
   1. Against one, two, or three opponents

G) Board breaking
   1. Six boards, creative combination including 1-2 hand techniques

H) Strength test
   1. 50 pushups
   2. 50 sit ups

I) Endurance test
   1. Two rounds of Master’s Choice— Two minutes each round with a 30 second break in between

J) Il Bo Gyorugy (1-Step Sparring)
   1. Creative 1-Step Sparring — 30 techniques

K) Anja Gyorugy (Knee Sparring)
   1. Creative knee sparring

L) Knife Defense
   1. Techniques 1-6 (see descriptions on page 54)

M) Self-Defense
   1. Against random grabs
1st DEGREE BLACK BELT
(Testing 1st Degree to 2nd Degree)

Mental Requirements

*Note: Mental requirements will be in the form of a written test prior to the physical Black Belt test.

A) What is the meaning of the Black belt?
   1. The end of one life cycle and the beginning of a new one.

B) Meanings of the 6 ITF forms (Chonji through Joon Gun)

C) Meaning of Koryo

D) Essay: Prompts will be assigned by instructors during candidacy.
   (Three pages, double spaced, standard font and margins)

E) All previous mental requirements

Other Requirements

A) Minimum 3.0 GPA or equivalent for students

B) Community service

C) Belt test assistance
2nd DEGREE BLACK BELT
(Testing 2nd Degree to 3rd Degree)

Physical Requirements

A) Kicks
   1. All previous kicks

B) Hand Techniques
   1. Inverse Stick block
   2. Mountain block
   3. Diamond block
   4. Single hand spear strike to neck
   5. Palm heel strike
   6. Ridge hand strike
   7. All previous hand techniques

C) Stances
   1. Crane stance
   2. All previous stances

D) Forms
   1. Keumgang
   2. Taebaek
   3. Toi Gae
   4. Hwa Rang
   5. Chong Moo
   6. Kwan-Gae
   7. All previous forms

E) Olympic Sparring
   1. Against one, two, or three opponents

F) Board breaking
   1. Nine boards, creative combination including 1-3 hand techniques

G) Strength test
   1. 50 pushups
   2. 50 sit ups

H) Endurance test
   1. Two rounds of Master’s Choice—Two minutes each round with a 30 second break in between

I) Il Bo Gyorugy (1-Step Sparring)
   1. Creative 1-Step Sparring — 35 techniques

J) Knife Defense
   1. Techniques 1-12 (see descriptions on page 54)

K) Self-Defense
   1. Against random attacks including grabs, kicks, punches, and ground
2nd DEGREE BLACK BELT
(Testing 2nd Degree to 3rd Degree)

Mental Requirements

*Note: Mental requirements will be in the form of a written test prior to the physical Black Belt test.

A) Meanings of all forms performed
B) Identify differences between WTF and ITF Poomsae
   1. Unique execution of blocks (give examples)
   2. Unique hand techniques (give examples of hand techniques that are only in ITF poomsae)
   3. ITF patterns are traditionally performed with sine wave movements
      (know what that means but do not perform the patterns using sine wave)
   4. ITF is an older style of Taekwondo
C) Essay: Open topic relating to Taekwondo
   (Five pages, double spaced, standard font and margins)
D) All previous mental requirements

Other Requirements

A) Minimum 3.0 GPA or equivalent for students
B) Community service
C) Belt test assistance
D) Teaching Assistance
Knife Defense is required for students who are testing for the rank of 2nd and 3rd degree Black Belt. 2nd degree candidates are expected to know techniques 1-6. 3rd degree candidates are expected to know techniques 1-12. 4th degree candidates should expand on these by creating their own defense.

<table>
<thead>
<tr>
<th>#</th>
<th>Attack</th>
<th>Defense</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Attack with right hand slashing chest high from right to left</td>
<td>Step in with right leg/block with two open hands, one on each side of the elbow/move right hand onto attacker’s shoulder/wrap left arm around attacker’s arm and grab your own wrist/apply pressure in an upward manner to attacker’s elbow to break the arm</td>
</tr>
<tr>
<td>2</td>
<td>Attack with left hand stabbing towards the stomach</td>
<td>Step back with the left foot while raising the right arm under the attacker’s forearm/strike the attacker’s wrist with left hand/left leg roundhouse kick to attacker’s stomach/put foot down and follow up with left leg axe kick to the back of the head</td>
</tr>
<tr>
<td>3</td>
<td>Attack with right hand stabbing towards the stomach</td>
<td>Step back with right foot while grabbing attacker’s arm with left hand/slide hand down to wrist and jerk forward/add right hand so there is one thumb on each side of the attacker’s middle knuckle/rotate wrist backwards at a 45° angle</td>
</tr>
<tr>
<td>4</td>
<td>Attack with right hand slashing from right to left/ follow up with slash back from left to right</td>
<td>Step away from first slash/step forward and block with two hands on the outside of the attacker’s arm with one on each side of the elbow/grab the arm/right leg knee strike to stomach/apply pressure to shoulder to bring attacker down/keep attacker close to body</td>
</tr>
<tr>
<td>5</td>
<td>Attack with right hand stabbing towards the neck/ run towards the defender</td>
<td>Simultaneously step forward and in at a 45 angle with the right leg/grab the attacker’s right arm with left hand and put right arm under attacker’s armpit/rotate body towards your left to throw the attacker</td>
</tr>
<tr>
<td>6</td>
<td>Attack with right hand stabbing downward towards the head</td>
<td>Step to the right and do a high block with the left hand/bring right hand underneath attacker’s arm and grab attacker’s arm/step through the arm bringing the knife into the attacker’s stomach</td>
</tr>
<tr>
<td>7</td>
<td>Attack with right hand upwards towards the attacker’s stomach</td>
<td>Slide back and grab attacker’s arm with both hands/step to the inside turning your back on the attacker/break attacker’s elbow over left shoulder</td>
</tr>
<tr>
<td>8</td>
<td>Attack with right hand upwards towards the attacker’s stomach</td>
<td>Slide back and do a down block with left arm on the attacker’s forearm/grab attacker’s arm behind elbow and pull him to you/execute arm bar at 90 angle behind attacker’s back</td>
</tr>
<tr>
<td>9</td>
<td>Attack with right hand upwards towards the attacker’s stomach</td>
<td>Slide back and grab attacker’s arm with both hands/step under attacker’s arm going behind his back/execute arm bar at 90 angle behind attacker’s back</td>
</tr>
<tr>
<td>10</td>
<td>Attack with right hand slashing chest high from right to left</td>
<td>Step to the right side and catch the attack with left hand/while holding wrist, step in so your back is to the attacker/grab hand with right hand so that your thumb is on the attacker’s thumb/apply pressure turning hand to the outside/remove knife with left hand</td>
</tr>
<tr>
<td>11</td>
<td>Attack with right hand slashing from right to left/ follow up with slash back from left to right</td>
<td>Step away from first slash/step forward and block with two hands on the outside of the attacker’s arm with one on each side of the elbow/grab the arm/push arm behind attacker’s back and execute arm bar at 90 angle</td>
</tr>
<tr>
<td>12</td>
<td>Attack with right hand stabbing downward towards the hand</td>
<td>Step to the right and do a high block with the left hand/bring right arm under attacker’s arm and clasp your hands/apply pressure downwards on the arm while keeping the shoulder level</td>
</tr>
</tbody>
</table>
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