

## Color Belt

### Poomse, Kicking Technique, Board Break, Level Kick, Attendance and Stripe Requirements

Rank	Poomse	Kicking Technique I	Kicking Technique II	Attendance Knowledge	Stripe (CH/LT)	Board Break	Level Kick
White	Kicho II(1) Bo	LL: Front Snap Kick RL: Front Snap Kick	LL: Up & Down Kick RL: Up & Down Kick	16 classes  Question Memorize	Green Blue	NA	Front Snap Kick Up & Down Kick
Yellow	Kicho I(2) Bo	LL: Roundhouse Kick RL: Roundhouse Kick	LL: Roundhouse Kick LL: Double Front Snap Kick				Roundhouse Kick Double Front Snap Kick
Purple	Kicho Sam(3) Bo	LL: Side Kick LL: Step Behind Side Kick	LL: Up & Down Kick LL: Step Behind Side Kick				Side Kick Step Behind Side Kick
Orange	Kicho Sa(4) Bo	LL: Roundhouse Kick LL: Sliding Roundhouse Kick	RL: Sliding Roundhouse Kick RL: Step Behind Side Kick				Sliding Roundhouse Kick
Green	Taeguk II(1) Jeong	RL: Walking Up & Down Kick RL: Step Behind Side Kick	RL: Step Behind Side Kick RL: Double Front Snap Kick		Green Blue Black	Step Behind Side Kick	Walking Up & Down Kick
Sr Green	Taeguk I(2) Jeong	RL: Double Up & Down Kick LL: Roundhouse Kick	RL: Sliding Roundhouse Kick RL: Double Up & Down Kick			Back Fist	Double Up & Down Kick
Blue	Taek Sam(3) Jeong	RL: Sliding Up & Down Kick RL: Step Behind Side Kick	RL: Double Up & Down Kick RL: Sliding Up & Down Kick			Up & Down Kick	Sliding Up & Down Kick
Sr Blue	Taeguk Sa(4) Jeong	RL: Double Roundhouse Kick RL: Double Roundhouse Kick	RL: Double Up & Down Kick RL: Double Roundhouse Kick			Elbow Attack	Double Roundhouse Kick

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### Poomse, Kicking Technique, Board Break, Level Kick, Attendance and Stripe Requirements

Rank	Poomse	Kicking Technique I	Kicking Technique II	Attendance Knowledge	Stripe (CH/LT)	Board Break	Level Kick
Brown	Taeguk O(5) Jeong	RL: Step Behind Hook Kick RL: Sliding Roundhouse Kick	RL: Step Behind Hook Kick RL: Double Roundhouse Kick	16 Classes  Question Memorize	Green Blue Black Red	Side Hammer Fist or Front Snap Kick	Hook Kick
Sr Brown	Taeguk Yuk(6) Jeong	RL: Double Roundhouse Kick LL: Back Kick	LL: Back Kick LL: Step Behind Hook Kick			Back Kick	Back Kick
Red	Taeguk Chil(7) Jeong	RL: Turning Roundhouse Kick LL: Back Kick	RL: Sliding Up & Down Kick RL: Turning Roundhouse Kick			Knife Hand Attack	Turning Roundhouse Kick
Sr Red	Taeguk Pal(8) Jeong	RL: Double Roundhouse Kick LL: Jump Back Kick	LL: Back Kick RL: Jump Back Kick			Jump Back Kick	Jump Back Kick
Danbo	Review all Taeguk Poomse (1-8)	LL: Roundhouse Kick LL: Back Kick LL: Double Roundhouse Kick	RL: Sliding Up & Down Kick LL: Roundhouse Kick LL: Back Kick	32 classes  Essay 500words (TKD Journey)	Green Blue Black Red Yellow	Knuckle Punch  Hammer Fist  Knife Hand  Back Fist  Double Up & Down Kick  Back Kick  Side Kick  Step Behind Side Kick	Roundhouse Kick Same Leg Back Kick

## Color Belt

**Hand and Self Defense Technique** (All Hand & Kicking Techniques are to be executed from Left Leg Back Kicking Stance)

Rank	Hand Technique I	Hand Technique II	Self Defense I	Self Defense II
White	RH: Jab LH: Punch	RH: Jab RH: Jab LH: Punch	RL: Riding Horse Stance LH: Outside Body Block RH: Middle Punch	RL: Riding Horse Stance LH: Outside Body Block RH: High Punch
Yellow	RH: Jab LH: Punch RH: Side Elbow Attack	RH: Jab LH: Punch RH: Uppercut	RL: Riding Horse Stance LH: Outside Knife Hand Block RH: Inside Knife Hand Attack	RL: Riding Horse Stance LH: Outside Body Block RH: Middle Punch RH: Uppercut
Purple	RH: Jab LH: Punch RH: Jab	RH: Jab RH: Outside Knife Attack LH: Punch	RL: Riding Horse Stance LH: Outside Body Block RH: Middle Punch RH: Inside Knife Hand Attack	LL: Riding Horse Stance RH: Outside Body Block LH: Middle Punch (Rib)
Orange	RL: Sideways LH: Under punch LH: Uppercut	RH: Jab LH: Punch RH: Under punch	LL: Riding Horse Stance RH: Outside Body Block LH: Middle Punch (Rib) LH: High Punch	LL: Riding Horse Stance LH: Middle Palm Block RH: Middle Punch (Rib)
Green	RH: Jab LH: Punch RH: Inside Knife Attack	RH: Jab LH: Punch LH: Punch RH: Jab LH: Side Elbow Attack	LL: Riding Horse Stance LH: Middle Palm Block RH: Middle Punch (Rib) LH: Middle Punch (Rib) RH: High Punch	LL: Back Stance RH: Inside Body Block LL: Back Stance LH: Middle Elbow Attack
Sr Green	RH: Inside Body Block RH: Back Fist LH: Punch	RH: Inside Body Block RH: Back Fist LH: Punch RH: Under punch	LL: Back Stance RH: Inside Body Block LL: Back Stance LH: Middle Elbow Attack LH: Back Fist	RL: Kicking Stance RL: Middle Roundhouse Kick
Blue	RH: Inside Body Block RH: Back Fist RH: Side Elbow Attack LH: Punch RH: Under punch	RH: Inside Body Block LL: Back Stance LH: Middle Elbow Attack LL: Big Stance LH: Back fist RH: Under punch	LL: Side Big Stance RH: Outside Knife Hand Block RL: Low Side Kick (Knee) RL: Touch and Step Back RL: Middle Roundhouse Kick	LL: Side Big Stance RH: Outside Knife Hand Block RL: Middle Roundhouse Kick
Sr Blue	RH: Jab LH : Punch RH: Inside Body Block RH: Back Fist LH: Punch	RH: Jab RH: Jab LH: Under punch LH: Uppercut	LL: Side Big Stance RH: Outside Knife Hand Block RL: Low Side Kick (Knee) RL: Big Stance LH: Punch (Face)	LL: Side Big Stance RH: Outside Knife Hand Block RL: Middle Roundhouse Kick RL: Touch RL: High Roundhouse Kick

## Color Belt

### Hand and Self Defense Technique (All Hand & Kicking Techniques are to be executed from Left Leg Back Kicking Stance)

Rank	Hand Technique I	Hand Technique II	Self Defense I	Self Defense II
Brown	RH: Jab LH : Punch RH: Side Elbow Attack LH: Uppercut	RH: High Block LH: Under punch LH: Uppercut LH: Punch RH: Jab	RL: Kicking Stance RL: Cut Kick LL: Back Stance LH: Middle Elbow Attack	RL: Kicking Stance RL: Cut Kick RL: Side Kick
Sr Brown	RH: High Block LH: Under punch LH: Side Elbow Attack RH: Under punch RH: Side Elbow Attack	RH: High Block LH: Under punch LH: High Palm Attack LH: Outside Knife Hand Attack RH: Jab	RL: Kicking Stance RL: Cut Kick LL: Back Kick	RL: Riding Horse Stance LH: Outside Knife Hand Block RH: Inside Knife Hand Attack RL: Chariot Stance RH: Outside Knife Hand Attack RL: Step Back RL: Middle Roundhouse Kick
Red	RL: Slide Forward and Sideways LH: Outside Body Block RH: Side Elbow Attack RH: Back Fist RH: Jab LH: Punch	RL: Slide Forward and Sideways LH: Outside Knife Hand Block RH: Side Elbow Attack RH: Outside Knife Hand Attack RH: Jab LH: Punch	RL: Riding Horse Stance LH: Outside Knife Hand Block RH: Inside Knife Hand Attack RL: Chariot Stance RH: Outside Knife Hand Attack LL: Back Stance LH: Middle Elbow Attack	RL: Riding Horse Stance LH: Outside Knife Hand Block RH: Inside Knife Hand Attack RL: Chariot Stance RH: Outside Knife Hand Attack LL: Back Stance LH: Middle Elbow Attack RH: Elbow Attack (Face)
Sr Red	LH: High Knife Hand Block RH: Under punch RH: Jab LH: Under punch LH: Punch LH: Punch RH: Jab	RH: Inside Knife Hand Block RH: Back Fist LH: Under punch LH: Uppercut LH: Punch RH: Jab	RL: Kicking Stance RL: Cut Kick RL: Turning Roundhouse Kick	RL: Kicking Stance RL: Cut Kick LL: Jump Back Kick
Danbo	RL: Slide Forward and Sideways LH: Outside Knife Hand Block RH: Middle Hook Punch RH: High Hook Punch LH: Ridge Hand	LH: Outside Body Block RH: Jab RH: Jab LH: Punch RH: Elbow Uppercut Attack LH: Side Elbow Attack	RL: Riding Horse Stance LH: Outside Knife Hand Block RH: Inside Knife Hand Attack RL: Chariot Stance RH: Outside Knife Hand Attack RL: Step Under 180° RL: Front Snap Kick	RL: Riding Horse Stance LH: Outside Knife Hand Block RH: Inside Knife Hand Attack RL: Chariot Stance RH: Outside Knife Hand Attack RL: Step Under 180° RL: Front Snap Kick RH: Elbow Attack (Neck)