



## TEACHING STANDARDS LEVEL ONE

**Please note:** Following the 6 years old and under curriculum is entirely optional. Follow this area only if the student is having difficulty grasping concepts due to his or her age. If he or she understands well, you may follow the 10 years old and under curriculum. After Yellow-Stripe it is up to the instructor to make sure the child is up to Yellow-Belt standards as a regular 10 years old and under student.

Belt Levels	11 Years Old and Up	7 to 10 Years Old	6 Years and Under
<b>White Belt (10<sup>th</sup> Grade) to Yellow Stripe (9<sup>th</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ Saju Jirugi (14) Terminology</li> <li>▪ Saju Makgi (16) Terminology</li> <li>▪ 3 Step Sparring #1 and #2</li> <li>▪ Walking stance wedging block with front snap kick landing with walking stance wedging block</li> <li>▪ Sitting stance wedging block with side piercing kick landing with sitting stance wedging block</li> <li>▪ Sitting stance wedging block with turning kick, landing with sitting stance wedging block</li> </ul>	<ul style="list-style-type: none"> <li>▪ Saju Jirugi (14)</li> <li>▪ 3 Step Sparring #1</li> <li>▪ Walking stance wedging block with front snap kick, landing with walking stance wedging block</li> <li>▪ Sitting stance wedging block with side piercing kick, landing with sitting stance wedging block</li> <li>▪ Sitting stance wedging block with turning kick, landing with sitting stance wedging block</li> </ul>	<ul style="list-style-type: none"> <li>▪ Saju Jirugi (Half) (14)</li> <li>▪ 3 Step Sparring #1</li> <li>▪ Walking stance wedging block with front snap kick, landing with walking stance wedging block</li> <li>▪ Sitting stance wedging block with side piercing kick, landing with sitting stance wedging block</li> <li>▪ Sitting stance wedging block with turning kick, landing with sitting stance wedging block</li> <li>▪ Limited Terminology</li> </ul>
<b>Yellow Stripe (9<sup>th</sup> Grade) to Yellow Belt (8<sup>th</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belt level plus...</li> <li>▪ Chon-ji (19) Terminology and Meaning</li> <li>▪ 3 Step Sparring #3 and #4</li> <li>▪ Right foot back, L- Stance forearm guarding block with combination kicks:</li> <li>▪ Front snap kick, punch, punch, front snap kick, landing with forearm guarding block</li> <li>▪ Front snap kick, turning kick, landing with L- stance forearm guarding block</li> <li>▪ Turning kick, back kick, landing with L-stance forearm guarding block</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Saju Makgi (16) Terminology</li> <li>▪ Chon-ji (19) Terminology</li> <li>▪ 3 Step Sparring #2</li> <li>▪ Right foot back, L- Stance forearm guarding block with combination kick:</li> <li>▪ Front snap kick, punch, punch, front snap kick, landing with forearm guarding block</li> <li>▪ Front snap kick, turning kick, landing with L- stance forearm guarding block</li> <li>▪ Turning kick, back kick, landing with L-stance forearm guarding block</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Saju Makgi (16)</li> <li>▪ Half of Chon-ji (19)</li> <li>▪ 3 Step Sparring #2</li> <li>▪ Right foot back, L- Stance forearm guarding block with combination kick:</li> <li>▪ Front snap kick, punch, punch, front snap kick, landing with forearm guarding block</li> <li>▪ Front snap kick, turning kick, landing with L- stance forearm guarding block</li> <li>▪ Turning kick, back kick, landing with L-stance forearm guarding block</li> </ul>

Belt Levels	11 Years Old and Up	10 Years Old and Under
<b>Yellow Belt (8<sup>th</sup> Grade) to Green Stripe (7<sup>th</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Dan-Gun (21) Terminology and Meaning</li> <li>▪ 3 Step Sparring #5 and #6</li> <li>▪ L-Stance with forearm guarding block, with combination kicks:</li> <li>▪ Front snap kick, turning kick and back kick, landing with L-stance forearm guarding block</li> <li>▪ Double turning kick with the rear foot, landing with L-stance forearm guarding block</li> <li>▪ Hooking Kick, Turning Kick with same leg, landing with L-stance forearm guarding block</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Dan-Gun (21) Terminology</li> <li>▪ 3 Step Sparring #3</li> <li>▪ L-Stance with forearm guarding block, with combination kicks</li> <li>▪ Front snap kick, turning kick and back kick, landing with L-stance forearm guarding block</li> <li>▪ Double turning kick with the rear foot, landing with L-stance forearm guarding block</li> <li>▪ Hooking Kick, Turning Kick with same leg, landing with L-stance forearm guarding block</li> </ul>
<b>Green Stripe (7<sup>th</sup> Grade) to Green Belt (6<sup>th</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Do-San (24) Terminology and Meaning</li> <li>▪ 3 Step Sparring #7 and #8</li> <li>▪ 1 on 1 Free Sparring</li> <li>▪ Breaking Techniques: Side Kick (Over 13 years old)</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Do-San (24) Terminology</li> <li>▪ 3 Step Sparring #4</li> <li>▪ 1 on 1 Free Sparring</li> </ul>
<b>Green Belt (6<sup>th</sup> Grade) to Blue Stripe (5<sup>th</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Won-Hyo (28) Terminology and Meaning</li> <li>▪ 3 Step Sparring #9 and #10</li> <li>▪ 1 on 1 Free Sparring</li> <li>▪ Breaking Techniques: Knife hand strike (over 13 years old)</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Won-Hyo (28) Terminology</li> <li>▪ 3 Step Sparring #5</li> <li>▪ 1 on 1 Free Sparring</li> </ul>
<b>Blue Stripe (5<sup>th</sup> Grade) to Blue Belt (4<sup>th</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Yul-Gok (38) Terminology and Meaning</li> <li>▪ 2 Step Sparring #1 and #2</li> <li>▪ 1 on 1 Free Sparring</li> <li>▪ Breaking Techniques: Flying Side Kick or Turning Kick (over 13 years old)</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Yul-Gok (38) Terminology</li> <li>▪ 3 Step Sparring #6</li> <li>▪ 1 on 1 Free Sparring</li> </ul>
<b>Blue Belt (4<sup>th</sup> Grade) to Red Stripe (3<sup>rd</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Joong-Gun (32) Terminology and Meaning</li> <li>▪ 2 Step Sparring #3 and #4</li> <li>▪ 1 On 1 Free Sparring</li> <li>▪ Breaking Techniques: Flying high kick Over 13 Years Old)</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Joong Gun (32) and Terminology</li> <li>▪ 3 Step Sparring #7</li> <li>▪ 1 on 1 Sparring</li> </ul>

Belt Levels	11 Years Old and Up	10 Years Old and Under
<b>Red Stripe (3<sup>rd</sup> Grade) to Red Belt (2<sup>nd</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Toi-Gye (37) Terminology and Meaning</li> <li>▪ 2 Step Sparring #5 and #6</li> <li>▪ 1 on 1 Free Sparring</li> <li>▪ Breaking Techniques: 180* Back Piercing Kick (Over 13 years old)</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Toi-Gye (37) Terminology</li> <li>▪ 3 Step Sparring #8</li> <li>▪ 1 on 1 Free Sparring</li> <li>▪</li> </ul>
<b>Red Belt (2<sup>nd</sup> Grade) to Black Stripe (1<sup>st</sup> Grade)</b>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Hwa-Rang (29) Terminology and Meaning</li> <li>▪ 2 Step Sparring #7 and #8</li> <li>▪ 1 on 1 Free Sparring</li> <li>▪ Breaking Techniques: Front Elbow Strike (Over 13 years old)</li> </ul>	<ul style="list-style-type: none"> <li>▪ All requirements from previous belts plus...</li> <li>▪ Hwa-Rang (29) Terminology</li> <li>▪ 3 Step Sparring #9</li> <li>▪ 1 on 1 Free Sparring</li> </ul>