



# WOODBRIDGE TAEKWON-DO INC.

UNDER THE LEADERSHIP OF MASTER CARIATI, 8TH DAN

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## 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
White Belt (10th Grade) to Yellow Stripe (9th Grade)	<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>
Yellow Stripe (9th Grade) to Yellow Belt (8th Grade)	<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 belt level 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 belt level plus...</li> <li>Saju Makgi (16) - Terminology</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	7 TO 10 YEARS OLD
<b>Yellow Belt (8th Grade) to Green Stripe (7th Grade)</b>	<ul style="list-style-type: none"> <li>• All requirements from previous belt level 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 belt level 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 (7th Grade) to Green Belt (6th 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 (6th Grade) to Blue Stripe (5th 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 (5th Grade) to Blue Belt (4th 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 (4th Grade) to Red Stripe (3rd 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) - Terminology</li> <li>• 3 Step Sparring #7</li> <li>• 1 On 1 Free Sparring</li> </ul>
<b>Red Stripe (3rd Grade) to Red Belt (2nd 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> </ul>
<b>Red Belt (2nd Grade) to Black Stripe (1st 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>