

TAEKWONDO



TAEKWONDO			COLOR	POOMSAE (STAR)	CHUN PUB/TECHNICAL (STAR)	BREAKS (BAR)	MINIMUM		
GUP	1	2	3	TESTING FOR	★	★	☐	TIG	LIG
10	☆	☆	☐	White/Yellow	Bowing Form, Ki-hap	<u>Strikes</u> , Punches & Blocks	<u>Hand Strike</u>	3M	20
9	☆	★	☐	Yellow	Taeguek IL Jang	Concept/Technique, <u>IL Jang (Side Kick)</u>	<u>Side Kick</u>	3M	20
8	★	★	☐	Yellow/Green	Taeguek Yi Jang	<u>Yi Jang (Reverse Round Kick)</u>	<u>Basic RR Kick</u>	3M	20
7	★	★	☐	Green	Taeguek Sam Jang	Sam Jang (Front Kick)	Front Kick	3M	20
6	★	★	☐	Green/Blue	Taeguek Sa Jang	Sa Jang (Round Kick)	Round Kick	3M	20
5	★	★	☐	Blue	Taeguek Oh Jang	Oh Jang (Block/Punch)	Punch (One Board)	3M	20
4	★	★	☐	Blue/Red	Taeguek Yook Jang	Yook Jang (Spinning)	Spinning (One Board)	3M	20
3	★	★	☐	Red	Taeguek Chil Jang	Chil Jang (Round Kick)	Round Kick (Two Boards)	3M	20
2	★	★	☐	Red/Black	Taeguek Pal Jang	Pal Jang (Knifehand/Punch)	Strikes & Punches (Three Boards)	3M	20
1	★	★	☐	1st Dan *	Koryo (Considerations, Thesis)	IL through Pal Jang	Black Belt Break	6M	60
DAN					POOMSAE (STAR)	CHUN PUB/TECHNICAL (STAR)	ANATOMY/WEAPONS		
1			☐	2nd Dan *	Palgwe IL Jang, Keumgang (TKD History)	BB Chun Pub 1 Pressure Point 1-10	Major Bones (Handout) Bo Staff Poomsea 1	6M	60
1			☐	2nd Dan *	Palgwe YI Jang, Keumgang (Basic Terminology)	BB Chun Pub 2, Hapkido 1-5 Defense against Wrist Grabs	Major Bones (Oral) Escrima Set 1	6M	60
1			☐	2nd Dan *	Palgwe Sam Jang, Keumgang (Application & Execution)	BB Chun Pub 3, Hapkido 6-10 Joint Maipulation	Major Muscles (Handout) Bo Staff Poomsea 2	6M	60
1			☐	2nd Dan *	Palgwe Sa Jang, Keumgang (Thesis)	BB Chun Pub 4 Defense Against Knife 1-5	Major Muscles (Oral) Escrima Set 2	6M	60
					POOMSAE (STAR)	CHUN PUB/TECHNICAL (STAR)	ANATOMY/WEAPONS		
2			☐	3rd Dan *	Palgwe Oh Jang, Taebaek (SMAC History)	BB Chun Pub 5 Pressure Points 11-20	Major Organs-Systems (Handout) Bo staff Poomsea 2	9M	90
2			☐	3rd Dan *	Palgwe Yook Jang, Taebaek (Philosophy)	BB Chun Pub 6, Judo Throws & Sweeps	Major Organs-Systems (Oral) Bo staff Poomsea 3	9M	90
2			☐	3rd Dan *	Palgwe Chil Jang, Taebaek (Advanced Terminology)	BB Chun Pub 7, Judo Chokes and Submissions	Anatomy Comprehensive (Handout) Katana 8 strikes	9M	90
2			☐	3rd Dan *	Palgwe Pal Jang, Taebaek (Thesis)	BB Chun Pub 8 Defense against Knife 6-10	Anatomy Comprehensive (Oral) Katana Solo Kata	9M	90

* 1st, 2nd and 3rd Dan candidates training schedules are expected to meet the "MINIMUM" following requirements:

- 1) Two (2) days per week training to advance their conditioning, Taekwondo skill and knowledge (Silver Membership)
- 2) Attending Instructors training sessions and one (1) day per week assistant instructing under the direction of a higher belt

LIL' DRAGONS



LIL' DRAGONS *			COLOR	STANCES (STAR)	TECHNICALS/SPARRING (STAR)	POOMSAE (BAR)	MINIMUM		
1	2	3	TESTING FOR	☆	☆		TIG	LIG	
10	☆	☆		Yellow/White	Sitting, Ready & Straddle	Punches, Kihap	Four Count, Student Creed	2M	10
10	☆	☆		White/Orange	At Ease & Attention	Blocks, Squatting Breakfalls	Bowing Form	3M	20
10	☆	☆		Orange/White	Walking & Front (R&L)	Front Kick, Standing Breakfalls	Bowing Form	3M	20
9	☆	☆		White/Green	Back (R&L)	Basic Round Kick	Taeguek IL Jang A	3M	20
9	☆	☆		Green/White	Walking, Front, Walking	Walking Breakfalls	Taeguek IL Jang A	3M	20
9	☆	☆		White/Blue	Walking, Back, Walking	Back Leg Round Kick, Judo Tie-up	Taeguek IL Jang B	3M	20
9	☆	☆		Blue/White	Front, Back, Front	Middle Blocks, O-Goshi	Taeguek IL Jang B	3M	20
9	☆	☆		White/Purple	Front, Back, Walking	Review Punches and Blocks	Taeguek IL Jang C	3M	20
9	☆	☆		Purple/White	Walking Stance, Punches	Reverse Round Kick & Side Kick	Taeguek IL Jang C	3M	20
8	☆	☆		White/Brown	Front Stance, Down Blocks	Basic Sparring Footwork, Osoto-Gari	Taeguek IL Jang A-C (2 directions)	3M	20
8	☆	☆		Brown/White	Front Stance, Upper Blocks	Chun-jun & Woo-jun Steps	Taeguek IL Jang A-C (3 directions)	3M	20
8	☆	☆		White/Red	Back Stances, Middle Blocks	Chun-jun & Ilbow Chun-jun Steps	Taeguek IL Jang A-C (4 directions)	3M	20
8	☆	☆		Red/White	Sparring/Fighting Stance	Woo-jun & Ilbow Woo-jun Steps	Taeguek Yi Jang A	3M	20
8	☆	☆		White/Black	Sparring Stance (evading)	Linear/Lateral Movements	Taeguek Yi Jang B	3M	20
8	☆	☆		Black/White	Sparring Stance (blocking)	Board Beark (strike)	Taeguek Yi Jang C	3M	20
8	☆	☆		Black/White	Ring Management	Board Break (kick)	Taeguek Yi Jang A-C	3M	20

* Lil' Dragons wishing to transition into the Taekwondo Program must do the following:

- 1) Reach the appropriate age requirement
- 2) Discuss the transition with Mr. Godfrey
- 3) Be individually evaluated by a Black Belt Instructor
- 4) Pay the associated testing fees