



White Belt to Yellow Belt

Terminology

Cha Ryott	Attention
Kyung Ye	Bow
Jun Bee	Ready
Gam Sa Ham Ni Da	Thank you sir or ma'am
Gi Hap	Yell
Taekwondo	The art of smashing with hand and fist
Poom Se	Forms
Ba Roh	Return to previous position
Sijag	Begin
Gu Man	Stop

Counting

Hana	One
Dool	Two
Set	Three
Net	Four
Dasuht	Five
Yasuht	Six
Illgop	Seven
Yuhduhl	Eight
Ahhope	Nine
Yul	Ten

Kicking

- 1) Front
- 2) Round
- 3) Side
- 4) Inside Crescent
- 5) Outside Crescent
- 6) Axe

Hand Techniques

- 1) Jab
- 2) Reverse
- 3) Uppercut



- 4) Hook
- 5) Backfist

Blocks

- 1) Low
- 2) Middle
- 3) High
- 4) Inside
- 5) Outside

Stances

- 1) Front
- 2) Back
- 3) Fighting
- 4) Horse

Breaking

- 1) Hammerfist
- 2) Sidekick

Self Defense

Two Techniques to Inside (1 + 2)
Two Techniques to Outside (3 + 4)



Yellow Belt to Orange Belt

Terminology

Ap Chagi	Front Snap Kick
Yup Chagi	Side Kick
Dol Ruye Chagi	Roundhouse Kick
Dui Up Chagi	Back Spin Side Kick
Do Jang	Training Gym
Do Bok	Uniform

Kicking (with front leg)

Front
Round
Side
Inside Crescent
Outside Crescent
Axe

Hand Techniques

Tiger Mouth
Eye Gouge
Rake
Sudo (Knifehand)
Ridgehand

Forms

Taeguk Il Jang

Stances

Walking

Self Defense



WTF Club of Notre Dame

Same Side Wrist Grabs:

Arm Bar

Corkscrew

Center Lock

Breaking

Side Kick

Axe Kick

Hammer Fist

Students are responsible for all previously learned material.



Orange Belt to Green Belt

Kicking

Skipping Front
Skipping Round
Skipping Side
Skipping Inside Crescent
Skipping Outside Crescent
Skipping Axe
Front Leg Hook

Hand Techniques

Palm Heel

Forms

Taeguk Ee Jang, Taeguk Il Jang

Self Defense

Cross Wrist Grabs:
Arm Bar
Corkscrew
Center Lock

Breaking

Two station - 1 foot and 1 hand from techniques above

Students are responsible for all previously learned material.



Green Belt to Purple Belt

Kicking

Spin
Spin Side
Tornado Roundhouse
Tornado Crescent

Hand Techniques

None

Forms

Taeguk Sam Jang, Taeguk Ee Jang, Taeguk Il Jang

Self Defense

Punch Defense:
Arm Bar
Corkscrew
Center Lock

Other

Falls - From the Knee
Forward
Backward
Side

Breaking

Student Choice with Instructor Approval (SC/IA)
1 foot from kicks above, 1 hand from previous techniques

Students are responsible for all previously learned material.



Purple Belt to Blue Belt

Kicking

Combinations

Push

Hand Techniques

Spearhand

Kinfehand

Forms

Taeguk Sa Jang, Taeguk Sam Jang, Taeguk Ee Jang, Taeguk Il Jang

Self Defense

Grappling

Choke Holds

Outer Reap

Wedding Lock

Other

Rolls - From Knee:

Forward

Backward

Breaking

SC/IA

1 hand and 1 foot from previous techniques

Students are responsible for all previously learned material.



Blue Belt to Brown Belt

Kicking

Jump Front
Jump Round
Jump Side
Jump Inside Crescent
Jump Outside Crescent
Jump Axe
Scissors Kick

Hand Techniques

Elbows:
Front
Back
Up
Down

Stances

X
Natural

Forms

Taeguk Oh Jang , Taeguk Sa Jang, Taeguk Sam Jang, Taeguk Ee Jang, Taeguk Il Jang

Self Defense

From Behind

Breaking

SC/IA
1 hand (elbow) and 1 foot from above techniques

Students are responsible for all previously learned material.



Brown Belt to Red Belt

Kicking

SC/IA
Other Combinations
Jump Spin Side
Thunder

Forms

Taeguk Yuk Jang , Taeguk Oh Jang, Taeguk Sa Jang, Taeguk Sam Jang, Taeguk Ee Jang,
Taeguk Il Jang

Self Defense

From Ground

Other

Rolls - From Standing:
Forward
Backward
Falls - From Standing:
Front
Back
Side

Breaking

SC/IA
1 hand and 1foot from previous techniques

Students are responsible for all previously learned material.



Red Belt to Red Tip

Kicking

Knee to Face
SC/IA

Blocks

Push
Scissors

Stances

Cat

Forms

Taeguk Chil Jang Taeguk Yuk Jang , Taeguk Oh Jang, Taeguk Sa Jang, Taeguk Sam Jang,
Taeguk Ee Jang, Taeguk Il Jang

Self Defense

From Knife

Breaking

SC/IA
1 hand and 2 foot from previous techniques

Students are responsible for all previously learned material.

Red Tip to Deputy Black Belt

Kicking

Triple Kick
SC/IA

Self Defense

2 from Ground
2 from Knife
2 from Behind
2 from Grabs
2 from Punch

Forms

Taeguk Pal Jang, Taeguk Chil Jang, Taeguk Yuk Jang, Taeguk Oh Jang, Taeguk Sa Jang,
Taeguk Sam Jang, Taeguk Ee Jang, Taeguk Il Jang

Breaking

SC/IA
2 hand and 2 foot, minimum of 2 boards for per kick for each foot

Students are responsible for all previously learned material.

Red Tip to Deputy Black Belt

Kicking

Triple Kick
SC/IA

Self Defense

2 from Ground
2 from Knife
2 from Behind
2 from Grabs
2 from Punch

Forms

Taeguk Pal Jang, Taeguk Chil Jang, Taeguk Yuk Jang, Taeguk Oh Jang, Taeguk Sa Jang,
Taeguk Sam Jang, Taeguk Ee Jang, Taeguk Il Jang

Breaking

SC/IA
2 hand and 2 foot, minimum of 2 boards for per kick for each foot

Students are responsible for all previously learned material.