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TKD Yellow Tiger Belt - 10th Gup

I - Terms & Philosophy

- What are we practicing in this class? - “Taekwondo, sir!”
- What country is Taekwondo from? - “Korea, sir!”
- What does the word Taekwondo mean? - “The way of the hand & the foot, sir!”

II - Fitness Focus

- Jumping jacks

III - Strikes

- Punches in horse riding stance, Vertical hammerfist
- Axe kick, Front snap kick

IIII - Blocks & Stances

- Down block, High block, Outside block
- Attention stance, Ready stance, Horse riding stance, Fighting stance

I - Poomsae

- Basic stretching sequence - Toe touch, Butterfly, Split

II - Board Breaking

- Axe kick

III - Self-Defense & Anti-Bullying

- Semi-passive stance w/ basic verbal commands - Hands up, use your voice & get help

IIII - Review & Homework

- Review all current belt skills & concepts
- Pass your parent/guardian evaluation

Homework: Draw a picture of the U.S. & South Korean flags

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TKD Green Tiger Belt - 10th Gup

I - Terms & Philosophy

- Counting to ten in Korean
- The five tenets of Taekwondo

II - Fitness Focus

- Squats

III - Strikes

- Jab/Cross punches
- Push kick, Inside/Outside crescent kick

IIII - Blocks & Stances

- Down block, High block, Outside block, Forearm block, Inside block
- Walking stance, Front stance

I - Poomsae

- 4-Directional attack - Right & Left side in Walking stance & Front stance

II - Board Breaking

- Vertical hammerfist

III - Self-Defense & Anti-Bullying

- Front breakfall & Front roll

IIII - Review & Homework

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Homework: Draw a picture of your favorite TKD technique or training exercise

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TKD Blue Tiger Belt - 10th Gup

I - Terms & Philosophy

- Counting to twenty in Korean - “Sumol”
- Meaning of the five tenets of Taekwondo

II - Fitness Focus

- Burpees

III - Strikes

- Palm strike
- Basic repeat kicks, Roundhouse kick

IIII - Blocks & Stances

- Five basic block sequence

I - Poomsae

- 4-Directional attack - Right & Left side w/ Down block in Front stance

II - Board Breaking

- Palm strike
- Push kick

III - Self-Defense & Anti-Bullying

- Rear breakfall & Rear roll

IIII - Review & Homework

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Homework: Draw a picture of yourself as a Black Belt

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TKD Red Tiger Belt - 10th Gup

I - Terms & Philosophy

- Counting to thirty in Korean - “Sareun”
- Korean commands to start and finish class

II - Fitness Focus

- Push-up plank

III - Strikes

- Vertical knife hand
- Jump front snap kick, Flying push kick

IIII - Blocks & Stances

- Basic block sequence with your eyes closed

I - Poomsae

- 4-Directional attack w/ All five basic blocks in Front stance

II - Board Breaking

- Knife hand
- Flying push kick

III - Self-Defense & Anti-Bullying

- 360 Outside block series

IIII - Review & Homework

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Homework: Draw a picture of your own personal Taekwondo studio

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TKD Black Tiger Belt - 10th Gup

I - Terms & Philosophy

- Counting to forty in Korean - “Maheun”
- The five Black Belt tenets of TKD

II - Fitness Focus

- Knuckle push-up plank

III - Strikes

- Vertical back fist, Horizontal hammerfist
- Side kick, Double front snap kick

IIII - Blocks & Stances

- Basic block sequence while balancing on one foot

I - Poomsae

- The first five steps of Taegeuk Il Jang

II - Board Breaking

- Vertical back fist
- Side kick

III - Self-Defense & Anti-Bullying

- Four types of Bullying - Physical, Verbal, Social & Cyber

IIII - Review & Homework

- Review all current and previous belt skills & concepts
- Pass your parent evaluation

Homework: Draw a picture of your own custom TKD belt

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TKD White Belt - 10th Gup

I - Terms & Philosophy

- What does the word Taekwondo mean? - “The way of the hand & the foot, sir!”
- Counting to ten in Korean
- The five tenets of Taekwondo

II - Fitness Focus

- Squats

III - Strikes

- Punches in horse stance, Jab/Cross punches, Vertical hammerfist
- Axe kick, Front snap kick, Inside/Outside crescent kick, Roundhouse kick

IIII - Blocks & Stances

- Down block, High block, Outside block, Forearm block, Inside block
- Attention stance, Ready stance, Horse stance, Fighting stance, Walking stance, Front stance
- Advancing/Retreating steps

I - Poomsae

- 4-Directional attack - Right & Left side w/ Down block

II - Board Breaking

- Axe Kick

III - Self-Defense & Anti-Bullying

Skill: 360 Outside block series
Concept: Awareness - Pay attention to myself, my surroundings & others

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Describe what qualities you would like to have as a Taekwondo Black Belt

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TKD Yellow Stripe Belt - 9th Gup

I - Terms & Philosophy

- Counting to twenty in Korean - “Sumol”
- Meaning of the five tenets of Taekwondo
- Tie your own belt in under twenty seconds

II - Fitness Focus

- Burpees

III - Strikes

- Jab/Cross palm strikes
- Basic lead leg kicks, Push Kick, Side kick, Jump front snap kick, Flying push kick

IIII - Blocks & Stances

- 4-Directional attack w/ All five basic blocks
- Advancing/Retreating slides

I - Poomsae

- Taegeuk Il Jang (Sky/Heaven)

II - Board Breaking

- Palm strike

III - Self-Defense & Anti-Bullying

Skill: Front breakfall & Rear breakfall
Concept: Semi-passive stance w/ verbal commands: “Please stop!” & “Don’t come any closer!”

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Describe one of your personal role models

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TKD Yellow Belt - 8th Gup

I - Terms & Philosophy

- Counting to thirty in Korean - “Sareun”
- Rules of Olympic TKD Sparring/Kyorugi

II - Fitness Focus

- Sit-ups or Leg raises

III - Strikes

- Lead/Rear hook punches
- Basic skipping kicks, Bent leg axe kick, Lead leg back kick, Jump RH kick, Flying side kick
- No contact sparring

IIII - Blocks & Stances

- 4-Directional attack w/ Basic blocks + Punches
- Advancing/Retreating skips

I - Poomsae

- Taegeuk Ee Jang (Lake)

II - Board Breaking

- Cross punch
- Skipping Side kick

III - Self-Defense & Anti-Bullying

Skill: Inside defense against straight strikes
Concept: Vital targets on the human body

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Choose your favorite tenet of Taekwondo and explain why it’s important to you

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TKD Green Stripe Belt - 7th Gup

I - Terms & Philosophy

- Counting to forty in Korean - “Maheun”
- Rules of Competition Forms/Poomsae

II - Fitness Focus

- Push-ups

III - Strikes

- Lead/Rear uppercut punches, Horizontal knife hand
- Basic reverse step kicks, Double FS kick, Double RH kick, Spinning back kick
- Light contact drills w/ chest guards

IIII - Blocks & Stances

- 4-Directional attack w/ Down block + Front snap kick + Double punch
- 4-Directional attack w/ Single knife block
- Advancing/Retreating reverse steps

I - Poomsae

- Taegeuk Sam Jang (Fire)

II - Board Breaking

- Horizontal knife hand
- Spinning back kick

III - Self-Defense & Anti-Bullying

Skill: Defensive position on the ground & Figure-4 stand up
Concept: Day 1 Anti-Bullying pledge

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: What has been the biggest challenge of your Taekwondo journey so far?

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TKD Green Belt - 6th Gup

I - Terms & Philosophy

- Counting to fifty in Korean - “Shiin”
- Sparring commands in Korean
- Put on & Remove sparring gear in under three minutes

II - Fitness Focus

- Mountain climbers

III - Strikes

- Vertical & horizontal back fist
- Cut kick, Badachagi, Tornado kick, Jump back kick
- Light contact sparring

IIII - Blocks & Stances

- 4-Directional attack w/ Double knife middle block + Supported spear hand
- 4-Directional attack w/ Swallow neck attack + Front snap kick + Backfist
- Lead/Rear kick feints

I - Poomsae

- Taegeuk Sah Jang (Thunder)

II - Board Breaking

- Vertical back fist
- Tornado kick

III - Self-Defense & Anti-Bullying

Skill: Wrist grab escapes - Circle, Assist & Strike
Concept: Implications of using force in Self-Defense - Legal implications & Moral implications

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Choose your favorite TKD technique and describe how you would teach it to a new student

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TKD Blue Stripe Belt - 5th Gup

I - Terms & Philosophy

- Counting to sixty in Korean - “Yaseun”
- Basic stances in Korean
- Leadership - assisting w/ 3 lower belt classes

II - Fitness Focus

- Lunges

III - Strikes

- Horizontal elbow to the front
- Lead leg hook kick, Skipping hook kick, Spinning hook kick, Jumping bent leg axe kick
- Light contact sparring

IIII - Blocks & Stances

- 4-Directional attack w/ Single knife block + Supported elbow strike
- 4-Directional attack w/ High block + Side kick + Target elbow strike
- Lateral slides & Lateral feints

I - Poomsae

- Taegeuk Oh Jang (Wind)

II - Board Breaking

- Horizontal elbow to the front
- Spinning hook kick

III - Self-Defense & Anti-Bullying

Skill: Trap & roll mount escape
Concept: 5 D’s of upstander intervention - Direct, Distract, Delegate, Document & Delayed intervention

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Describe what training, exercises, and/or sports you practice outside of TKD

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TKD Blue Belt - 4th Gup

I - Terms & Philosophy

- Counting to seventy in Korean - “Ilheun”
- Basic kicks in Korean
- Leadership - assisting w/ 3 lower belt classes

II - Fitness Focus

- Jackknife hold

III - Strikes

- Horizontal hammerfist, Reverse step hammerfist
- Step in spin hook kick, Jump spin hook kick, Tornado bent leg axe kick
- Light contact sparring

IIII - Blocks & Stances

- 4-Directional attack w/ Cross-side knife block + RH kick + High forearm block + Rev. punch
- 4-Directional attack w/ Inside palm block + Reverse punch
- Switch kicks & Switch feints

I - Poomsae

- Taegeuk Yook Jang (Water)

II - Board Breaking

- Reverse step hammerfist
- Tornado bent leg axe kick

III - Self-Defense & Anti-Bullying

Skill: Single leg takedowns and kick catch counters
Concept: Threat assessment steps - Establish a baseline, Observe deviations, Note threat indicators & Take action

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Compare and contrast sport Martial Arts training with realistic Self-Defense training

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TKD Red Stripe Belt - 3rd Gup

I - Terms & Philosophy

- Counting to eighty in Korean - “Yodun”
- Basic blocks in Korean
- Leadership - assisting w/ 5 lower belt classes

II - Fitness Focus

- Knuckle push-ups

III - Strikes

- Reverse knife hand strike, Reverse step reverse knife hand
- 360 back kick, Twist kick, Question mark kick
- Light contact sparring

IIII - Blocks & Stances

- 4-Directional attack w/ Double scissor block
- 4-Directional attack w/ Cleaving forearm block + Knee strike + Double uppercut + X-low block

I - Poomsae

- Taegeuk Chil Jang (Mountain)

II - Board Breaking

- Reverse knife hand
- 360 back kick

III - Self-Defense & Anti-Bullying

Skill: Side clinch knee strikes & Snap down
Concept: Social media safety - Control the information you post, Block/Report abusive individuals & Use caution when meeting up with people you find online

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Write about the history of Korea up to the modern day

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TKD Red Belt - 2nd Gup

I - Terms & Philosophy

- Counting to ninety in Korean - “Ahun”
- Symbolism of the eight Teageuk Poomsae
- Leadership - assisting w/ 5 lower belt classes

II - Fitness Focus

- Single leg burpees

III - Strikes

- Horizontal & vertical ridge hand
- 360 spinning hook kick, Tornado twist kick, Flying side kick + back kick
- 2v1 light contact sparring

IIII - Blocks & Stances

- 4-Directional attack w/ Supported forearm middle block & Supported down block
- 4-Directional attack w/ Single mountain block + Pulling uppercut

I - Poomsae

- Taegeuk Pal Jang (Earth)

II - Board Breaking

- Ridge hand
- 360 spinning hook kick

III - Self-Defense & Anti-Bullying

Skill: Rear naked choke defense
Concept: The five levels of awareness - Mind, Body, Everyday Carry, Environment, Community

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Write about the history of Taekwondo

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TKD Black Stripe Belt - 1st Gup

I - Terms & Philosophy

- Counting to one hundred in Korean - “Baek”
- Color belt terms and philosophy written test
- Leadership - leading a full class

II - Fitness to Failure

- Squats, Push-ups or Sit-ups

III - Strikes

- Review all color belt strikes
- 2v1 light contact sparring
- Ten minute sparring shark tank

IIII - Blocks & Stances

- Review all color belt 4-Directional attack patterns

I - Poomsae

- Perform all color belt poomsae with your eyes closed

II - Board Breaking

- Creative technical board break
- Creative power board break

III - Self-Defense & Anti-Bullying

- Review all color belt Self-Defense & Anti-Bullying skills & concepts

IIII - Review & Essay

- Review all current and previous belt skills & concepts
- Pass your parent/guardian evaluation

Essay: Write about your personal journey to Black Belt

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TKD Black Belt - 1st Dan/Poom

I - Terms & Philosophy

- Symbolism & structure of Koryo
- Five black belt tenets of Taekwondo
- Leadership - leading 3 full classes

II - Fitness Challenge

- 50 Push-ups, 100 Burpees, 250 Squats or 500 Mountain climbers

III - Strikes

- Spinning horizontal elbow strike, Superman punch
- Basic low kicks, Multi-level repeat kicks, Jumping knee strike
- 1v1 Mixed rules sparring

IIII - Blocks & Stances

- 4-Directional attack w/ Down block w/ knife + Arc hand + FS kick + Low arc hand
- 4-Directional attack w/ Low spear hand + Down block + Palm press

I - Poomsae

- Koryo (Wise Scholar)

II - Board Breaking

- Creative technical board break
- Creative power board break

III - Self-Defense & Anti-Bullying

- Improvised weapons - Shields

IIII - Review & Community Service

- Review all current and previous belt skills & concepts
- Community service project & presentation

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TKD Black Belt - 2nd Dan/Poom

I - Terms & Philosophy

- Symbolism & structure of Keum-gang
- Written exam - ARMA TKD Color Belt curriculum
- Leadership - leading 8 full classes

II - Fitness Challenge x2

- 50 Push-ups, 100 Burpees, 250 Squats or 500 Mountain climbers

III - Strikes

- Finger jab, Wall step punch
- Spinning low sweep, Wall step RHK, Double spinning back kick
- Mixed rules sparring shark tank

IIII - Blocks & Stances

- 4-Directional attack w/ Crane stance block + Side punch
- 4-Directional attack w/ Side punch + Mountain block

I - Poomsae

- Keum-gang (Diamond Mountain)

II - Board Breaking

- Creative technical board break
- Creative power board break

III - Self-Defense & Anti-Bullying

- Improvised weapons - Sticks

IIII - Review & Community Service

- Review all current and previous belt skills & concepts
- Community service project & presentation

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TKD Black Belt - 3rd Dan/Poom

I - Terms & Philosophy

- Symbolism & structure of Taebaek
- Written exam - ARMA Teaching Manual
- Leadership - leading class on a monthly basis

II - Fitness Challenge x3

- 50 Push-ups, 100 Burpees, 250 Squats or 500 Mountain climbers

III - Strikes

- Long fist strike, Chicken beak strike
- Jump split kick, Jump pike kick, Cartwheel kick
- Mixed rules sparring shark tank

IIII - Blocks & Stances

- 4-Directional attack w/ Diamond block + Uppercut + Punch + Side kick + Target elbow
- 4-Directional attack w/ Scissor block + Front snap kick + Double punch

I - Poomsae

- Taebaek (Bridge between Heaven & Earth)

II - Board Breaking

- Creative technical board break
- Creative power board break

III - Self-Defense & Anti-Bullying

- Knife threats & attacks

IIII - Review & Community Service

- Review all current and previous belt skills & concepts
- Community service project & presentation

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TKD Black Belt - 4th Dan/Poom

I - Terms & Philosophy

- Symbolism & structure of Pyongwon
- Personal research project - Taekwondo thesis
- Leadership - leading class on a monthly basis

II - Fitness Challenge x4

- 50 Push-ups, 100 Burpees, 250 Squats & 500 Mountain climbers

III - Strikes

- Headbutt from the clinch
- Rolling thunder kick, Scorpion kick, Scissor kick
- Mixed rules sparring shark tank

IIII - Blocks & Stances

- 4-Directional attack w/ Mtn side punch + Double back fist + Double side elbow + Mtn block
- 4-Directional attack w/ Crane stance block + Side kick + Vertical elbow

I - Poomsae

- Pyongwon (Vast Plain)

II - Board Breaking

- Creative technical board break
- Creative power board break

III - Self-Defense & Anti-Bullying

- Firearm threats & attacks

IIII - Review & Community Service

- Review all current and previous belt skills & concepts
- Community service project & presentation

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