



King Tiger Taekwondo Belt Curriculum

Starting 2021

Informational video link: kingtigertkd3.godaddysites.com

White Belt (Five Stripes)	High White Belt (Five Stripes)
1. Basic Block and Kicks 2. Kwonsool 3. Blocking form I 4. Stance Form 5. One step self defense 6. Breaking: Hammer fist 7. Sparring: NO	1. Basic combination Kick 2. Chagisool 3. Hwarang poomsae 4. Blocking form II 5. One step self defense 6. Breaking: Side Kick 7. Sparring: promise
Yellow Belt (Four Stripes)	High Yellow Belt (Four Stripes)
1. Hop step kicks and turning side kick 2. Taekuek 1 Jang 3. One step self defense 4. <u>Falling and Rolling(1)</u> 5. Breaking: Hop Step Front Kick 6. Sparring: Yes	1. Hop step kicks and turning side kick combination 2. Taekuek 2 Jang 3. One step self defense 4. <u>Falling and Rolling(1)</u> 5. Breaking: Turning Side Kick 6. Sparring: Yes
Green Belt (Four Stripes)	High Green Belt (Four Stripes)
1. Hook kicks 2. Taekuek 3 Jang 3. Option 1). One step self defense Option 2). Kumdo: - 4steps to Hurikkal & Reverse - 10 steps to Joongkumse 4. <u>Falling and Rolling(1)</u> 5. Breaking: Hop side kick 6. Sparring: Yes	1. Combination Hook kicks 2. Taekuek 4 Jang 3. Option 1) One step self defense Option 2) Jangbong: - 4 Steps Joonbi se - 10 steps Kimasupyeongse 4. <u>Falling and Rolling(1)</u> 5. Breaking: Turning hook kick 6. Sparring: Yes
Blue Belt (Four Stripes)	High Blue Belt (Four Stripes)
1. Double kicks, 360, tornado kick and punch 2. Taekuek 5 Jang 3. Option 1). Self Defense Hyung 1 Option 2). Kumdo: - Forwards steps, Forward striking steps - 10 steps to Joongkumse with strikes 4. <u>Falling and Rolling(2)</u> 5. Breaking: Jump Front Kick 6. Sparring: Yes	1. Double kicks, reverse 360, tornado kick and punch combination 2. Taekuek 6 Jang 3. Option 1) Self Defense Hyung 1 Option 2) Jangbong: - Kichohyung - 10 steps Kimasupyeongse with Strikes 4. <u>Falling and Rolling(2)</u> 5. Breaking: Jump Flying Side Kick 6. Sparring: Yes

*Green belt to H. Red has the option to choose **self defense** or **weapon** for your curriculum.*



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Red Belt (Four Stripes)	High Red Belt (Four Stripes)
<ol style="list-style-type: none"> 1. Red belt kicking 2. Taekuek 7 Jang 3. Option 1). Self Defense Hyung 2 Option 2). Kumdo: Three strike movements <ul style="list-style-type: none"> - Head, neck, wrist, body, Thrusting 3 moves - Blocks according to above attacks. 4. <u>Falling and Rolling(2)</u> 5. Breaking: Jump Turning Side & Power Breaking 6. Sparring: Yes 7. One mile running 	<ol style="list-style-type: none"> 1. Red belt kicking combination 2. Taekuek 5, 6, 7, 8 Jang 3. Option 1) Self Defense Hyung 2 Option 2) Jangbong: Strikes, Thrust and Blocks- High, Middle, Low, R. Low Section Strikes High, Middle, Low Section Thrusts High, Middle, Low Section Blocks 4. <u>Falling and Rolling(2)</u> 5. Breaking: Jump turning hook, Power breaking, Speed hand, personal favorite one 6. Sparring: Yes 7. One mile running 8. Essay (What TKD has done for your life?)
Deputy Black Belt (Four Stripes)	1st Dan Belt (Four Stripes)
<ol style="list-style-type: none"> 1. Black belt kicking 2. Taekuek 8 Jang & Korye Poomsae 3. Option 1) Self Defense Hyung or Option 2) - Takyuk-kumbub (Striking Sword form) <ul style="list-style-type: none"> ✂(I /) ㄹ(I - /) - Partner Sword fighting drills (3 steps attack & defense) 4. <u>Falling and Rolling(3)</u> 5. Breaking: Hurricane Side Kick, Power breaking 6. Sparring: One and one / Two and one 7. One mile running 8. Essay (What is you significant change you noticed after Taekwondo training?) 9. Check your extra curricular performance 	<ol style="list-style-type: none"> 1. Black belt kicking 2. Korye & Kumgang Poomsae 3. Option 1) Self Defense skills & Hyung 4 & 5 Individual Self Defense skills or Option 2) Swinging form(1/2) & Partner drill (1) High & Low section strikes) 4. Falling and Rolling (3) 5. Breaking: Hurricane Hook Kick, Power breaking 6. Sparring: One and one / Two and one 7. One mile running 8. Essay (How would like to use Taekwondo to improve your personal areas of your life) 9. Check your extra curricular performance

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2nd Dan Black Belt	3rd Dan Black Belt
<ol style="list-style-type: none"> 1. Black belt kicking 2. Korye, Kumgang, Taebaek Poomsae 3. Option 1) Self Defense skills & Hyung 6 & 7 or Option 2) Takyuk-kumbub (Striking Sword form) 水 (1 - / <) Steps: Forwards, Backwards, Leftwards, Rightward, Left & Right Turns Step with strikes: Forwards (/), Backwards(/), Leftwards(-), Rightward(-), Left(☺) & Right(☹) Turns 4. <u>Falling and Rolling (pair fall and obstacle rolling)</u> 5. Breaking: Creative breaking & Power Breaking 6. Sparring: Yes 7. One mile running 8. Essay 'What is your role in your community? What can you do to help your community through TKD Training'. 9. Check your extra curricular performance 	<ol style="list-style-type: none"> 1. Black belt kicking 2. Korye, Kumgang, Taebaek Poomsae, Pyeongwon 3. Option 1) Self Defense skills & Hyung 8 & 9 Individual Self Defense skills or Option 2) Jangbong swinging form whole Partner striking drills: Attack: High, Low strike and thrust Defense: High, Low strike and thrust 4. Falling and Rolling (pair fall and obstacle rolling) 5. Breaking: Creative breaking & Power Breaking 6. Sparring: Yes 7. One mile running 8. Research Paper or Essay 'What is your role in your community? What can you do to help your community through TKD Training'. 9. Check your extra curricular performance
4th Dan Black Belt	5th Dan Black Belt
<ol style="list-style-type: none"> 1. Black belt kicking 2. Korye, Kumgang, Taebaek Poomsae, Pyeongwon, Sipjin 3. Option 1) Self Defense skills & Hyung 10 or Option 2) Takyuk-kumbub (Striking Sword form) 水 Partner sword fighting (combined skills) Takyuk-kumbub Hyung 4. Breaking: Creative breaking & Power Breaking 5. Sparring: One and one / Two and one 6. One mile running 8. Research Paper 9. Check your extra curricular performance 	<ol style="list-style-type: none"> 1. Black belt kicking 2. Korye, Kumgang, Taebaek Poomsae, Pyeongwon, Sipjin, and Jitae 3. Option 1) Jangbong: Sipjasun Hyung Option 2) Takyuk-kumbub (Striking Sword form) Partner sword fighting (combined skills) Takyuk-kumbub Hyung 4. Breaking: Creative breaking & Power Breaking 5. Sparring: One and one / Two and one 6. One mile running 8. Research Paper 9. Check your extra curricular performance

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