

10th Kup (White Belt) → 9th Kup (Yellow Tag)

Basic Movements

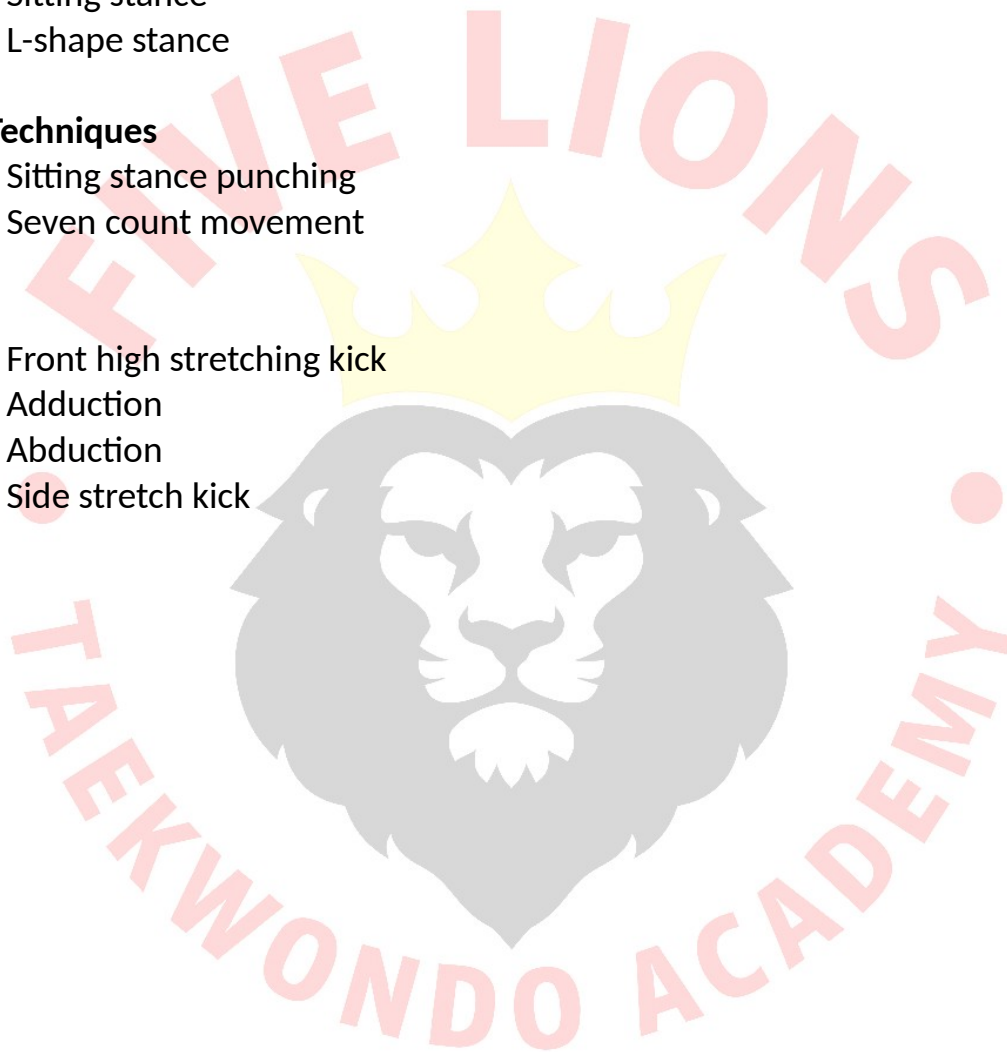
1. Attention, Bow, Ready stance
2. Walking stance
3. Long stance
4. Sitting stance
5. L-shape stance

Arm Techniques

- Sitting stance punching
- Seven count movement

Kicks

1. Front high stretching kick
2. Adduction
3. Abduction
4. Side stretch kick



9th Kup (Yellow Tag) → 8th Kup (Yellow Belt)

- Sitting stance punching
- Seven count movements

Basic Arm Techniques (Single)

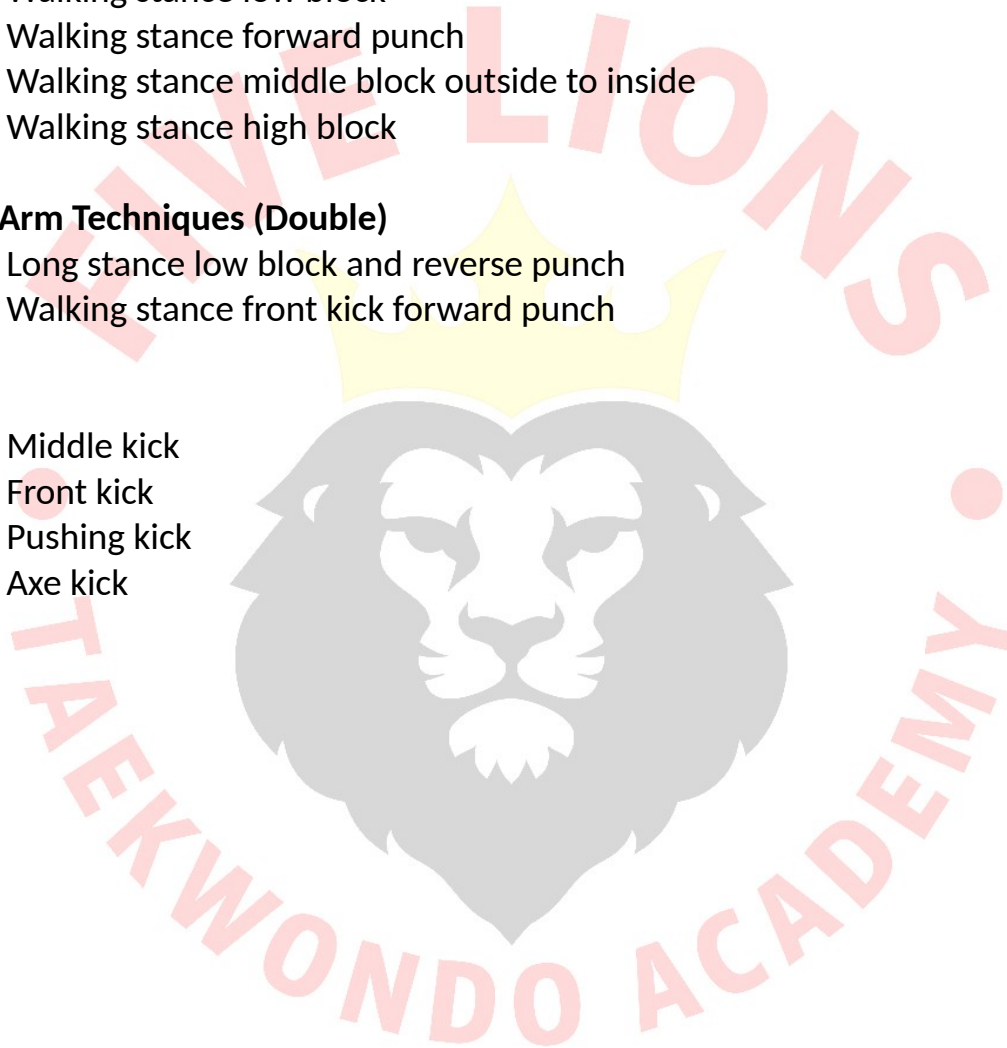
1. Walking stance low block
2. Walking stance forward punch
3. Walking stance middle block outside to inside
4. Walking stance high block

Basic Arm Techniques (Double)

1. Long stance low block and reverse punch
2. Walking stance front kick forward punch

Kicks

1. Middle kick
2. Front kick
3. Pushing kick
4. Axe kick



8th Kup (Yellow Belt) → 7th Kup (Green Tag)

Taegeuk Il Jang

- Sitting stance punching
- Seven count movements (knife hand)

Basic Arm Techniques (Single)

1. Walking stance low block
2. Long stance forward punch
3. Walking stance out to inside middle block
4. Long stance forward punch (high section)
5. Walking stance high block
6. L-shape stance guarding block

Double Motion (Combined Techniques)

1. Front kick, forward punch high section (long stance)
2. Front kick, forward punch mid-section (walking stance)

Kicks

- Middle kick
- Front kick
- Pushing kick
- Axe kick
- Side kick

7th Kup (Green Tag) → 6th Kup (Green Belt)

Taegeuk Ee Jang

- Sitting stance punching
- Seven count movement (1st and 2nd)

Basic Arm Techniques (Combined)

1. Front kick, long stance double punch
2. Knife hand middle block (L-shape stance), reverse punch (long stance)
3. Walking stance outside to inside knife hand strike
4. L-shape stance forearm middle block
5. L-shape stance rear arm middle block
6. Walking stance low block reverse punch
7. Front kick low block reverse punch (walking stance)
8. L-shape stance knife hand guarding block

Kicks

- Middle kick
- Front kick
- Pushing kick
- Axe kick
- Side kick
- Instep turning kick

Consecutive Kicks

- Middle kick single, middle kick double, middle kick single
- Middle kick, axe kick, middle kick
- Middle kick, spinning kick, middle kick
- Front kick, pushing kick, axe kick

Sparring

- 1 for 1 kicking
- Semi free sparring
- Free sparring

6th Kup (Green Belt) → 5th Kup (Blue Tag)

Taegeuk Sam Jang

- Sitting stance punching
- Seven count movement (1st and 2nd)
- Pre-arranged sparring

Combined Techniques (Arms and Legs)

1. Twin knife hand guarding block (L-shape stance)
2. Spear hand thrust (long stance)
3. Knife hand high block, knife hand strike (long stance)
4. Forearm middle block, front kick, rear arm out to inside middle block (L-shape stance)
5. Forward backfist strike (long stance)

Kicks

- Middle
- Front
- Pushing
- Axe
- Side
- Turning
- Back
- Reverse crescent (in to out and out to in)

Consecutive Kicks

1. Middle kick double middle and twin
2. Middle kick instep turning kick and middle kick
3. Middle kick, back kick, middle kick
4. Back kick, axe kick, middle kick
5. Middle kick, crescent kick, middle kick
6. Middle kick, spinning middle kick, back kick

Sparring

- 1 for 1 kicking
- Semi free sparring
- Free sparring

5th Kup (Blue Tag) → 4th Kup (Blue Belt)

Taegeuk Sa Jang

- Pre-arranged sparring

Arms and Legs Combined Techniques

1. Left and right hand stance hammer fist strike
2. Long stance double middle block (outside to inside)
3. Front kick, forward backfist strike and out to inside middle block (long stance)
4. Long stance backfist strike
5. L-shape stance knife hand middle block
6. Long stance forearm elbow strike
7. Long stance low block, out to inside middle block
8. Long stance high block, side kick and rear arm elbow strike
9. X stance backfist strike

Kicks

- Middle kick
- Front
- Side
- Pushing
- Axe
- Turning
- Back
- Reverse crescent (out to inside)
- Crescent (in to out)
- Hook kick

Sparring

- 1 for 1 kicking
- Semi free sparring
- One step sparring
- Self defence
- Free sparring

4th Kup (Blue Belt) → 3rd Kup (Red Tag)

Taegeuk Oh Jang

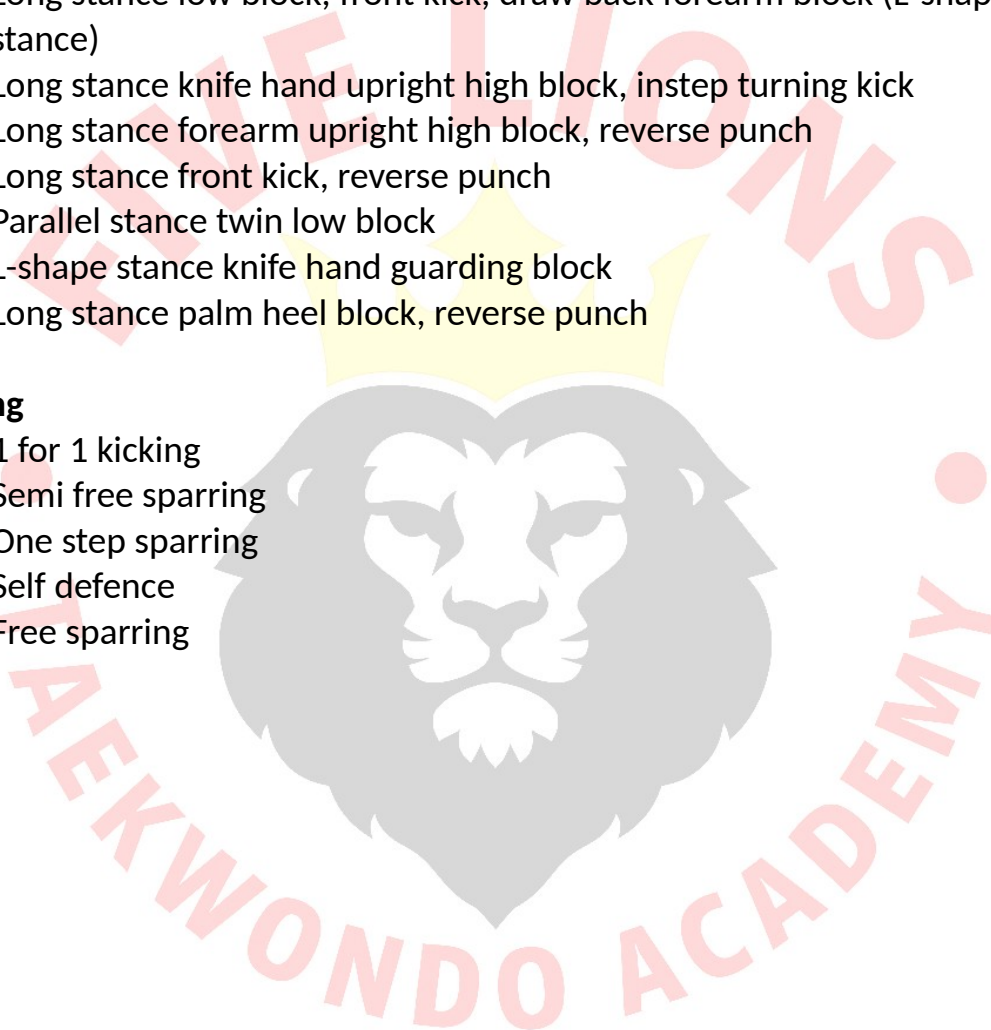
- Pre-arranged sparring

Arms and Legs Combined Techniques

1. Long stance low block, front kick, draw back forearm block (L-shape stance)
2. Long stance knife hand upright high block, instep turning kick
3. Long stance forearm upright high block, reverse punch
4. Long stance front kick, reverse punch
5. Parallel stance twin low block
6. L-shape stance knife hand guarding block
7. Long stance palm heel block, reverse punch

Sparring

- 1 for 1 kicking
- Semi free sparring
- One step sparring
- Self defence
- Free sparring



3rd Kup (Red Tag) → 2nd Kup (Red Belt)

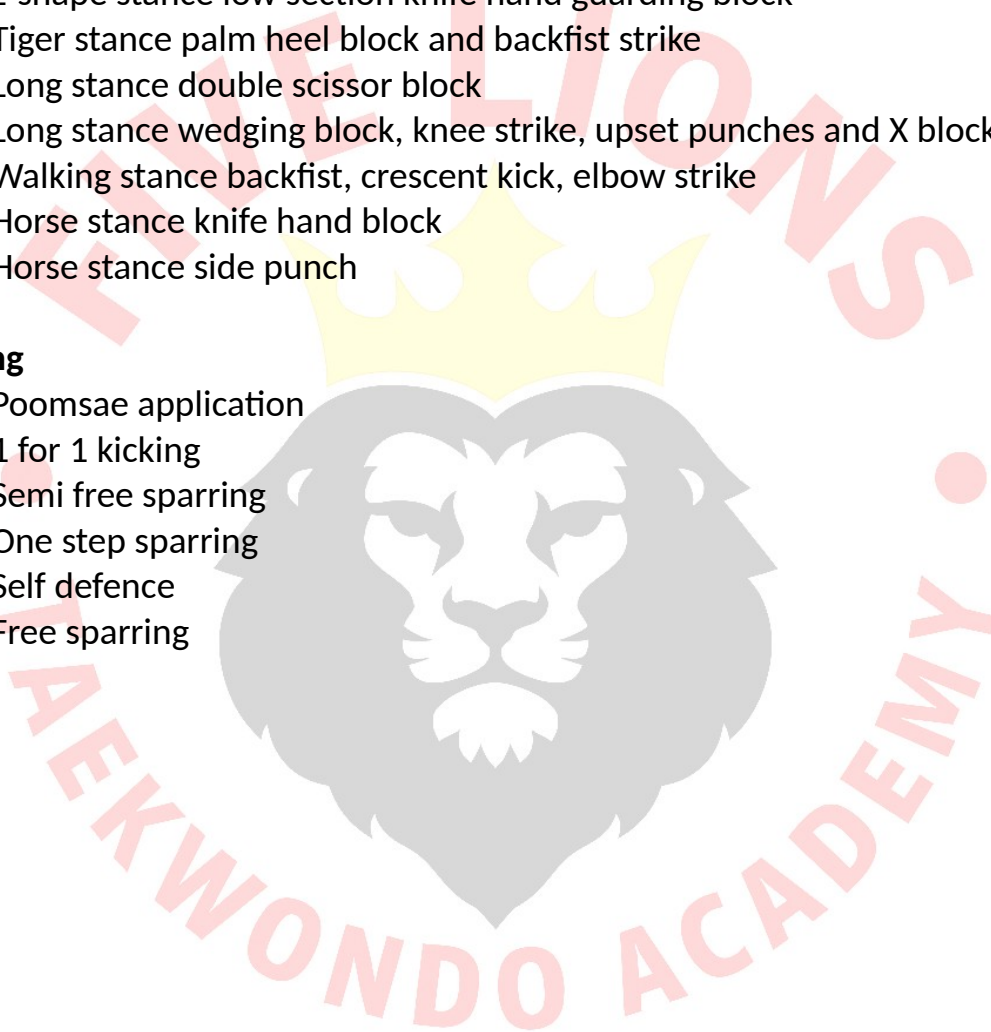
Taegeuk Yuk Jang

Arms and Legs Combined Techniques

1. Tiger stance palm heel block, front kick, draw back, out to in middle block
2. L-shape stance low section knife hand guarding block
3. Tiger stance palm heel block and backfist strike
4. Long stance double scissor block
5. Long stance wedging block, knee strike, upset punches and X block
6. Walking stance backfist, crescent kick, elbow strike
7. Horse stance knife hand block
8. Horse stance side punch

Sparring

- Poomsae application
- 1 for 1 kicking
- Semi free sparring
- One step sparring
- Self defence
- Free sparring



2nd Kup (Red Belt) → 1st Kup (Black Tag)

Taegeuk Chil Jang

Arms and Legs Combined Techniques

1. L-shape stance guarding block, long stance reverse punch
2. Scissor front kick, out to in middle block, double punch (long stance)
3. Long stance forward punch
4. Diamond shape long stance, low block and upright high block, long stance uppercut punch (slow motion)
5. L-shape stance knife hand guarding block, long stance reverse punch
6. Tiger stance palm heel block
7. Tiger stance knife hand guard, front snap kick, reverse punch (long stance), drawing back palm heel block
8. L-shape stance guarding block low section
9. L-shape stance knife hand middle block, long stance elbow, backfist and punch

Sparring

- Poomsae application
- 1 for 1 kicking
- Semi free sparring
- One step sparring
- Self defence
- Free sparring

1st Kup (Black Tag) → 1st Dan / Poom

Taegeuk Pal Jang

Sparring

- 1 for 1 kicking
- Semi free sparring
- One step sparring
- Self defence
- Free sparring

Power Test

- Destruction

