

WHITE BELT

REQUIRED SUPPLIES:

White Uniform

RECOMMENDED SUPPLIES:

T-Shirt

Equipment Bag

REQUIRED MOVES:

STRIKES: Obverse Punch

DEFENSE: Wrist Escapes

KICKS: #1 and #2 Front Kick
#1 and #2 Round Kick

GROUND: Break Falls

BLOCKS: Low Block, High Block
Inner form Block

FORMS: KEE CHOW 1 & 2 Meaning: First Energy
Number of Moves: 20ea.



YELLOW BELT

REQUIRED SUPPLIES:

Sparring Gear Set:
Head Gear
Foot pads
Hand pads
Mouth Guard

RECOMMENDED SUPPLIES:

Mesh Bag
Shin Pads
Groin Protector

REQUIRED MOVES:

STRIKES: Knife Hand Strike

DEFENSE: Neck Chokes

KICKS: #1 and #3 Side Kick

GROUND: Basic Positions

BLOCKS: No Reaction Force High Block
Double-hand Knife Block (Straight Arm)

FORM: DAN-GUN Meaning: Founder of Korea Number of Moves: 21



YELLOW 2 BELT

RECOMMENDED SUPPLIES:

Square Target

REQUIRED MOVES:

STRIKE: Downward Hammer DEFENSE: Front & Side Push

KICK: Jump Front Kick GROUND: Flow Drill

BLOCK: Double-hand Knife Block (Bent Arm)

FORM: Pyung Ahn One

Meaning: Balance and Security

Number of Moves: 22



GREEN BELT

RECOMMENDED SUPPLIES:

Extra Uniform or T-Shirt

REQUIRED MOVES:

STRIKES:

Reverse Punch

Support Vertical Spear Hand

Spin Backfist

DEFENSE: Hook Punch

Bear Hug

GROUND: Opponent Standing

KICK: #2 Inside & Outside Crescent Kick

BLOCKS: Outer Forearm Block

Twin Outer Blocks

FORM: DO-SAN Meaning: Pen Name of Korean Patriot.

Number of Moves: 24



GREEN BELT 2

REQUIRED SUPPLIES:

Escrima Sticks (Foam and/or Wooden)

RECOMMENDED SUPPLIES:

Shield Pad

REQUIRED MOVES:

STRIKES: Spin Hammer
Horizontal Elbow

DEFENSE: Hook Punch
Side Headlock

KICKS: #2 Side Kick

GROUND: Defense from
Mount

BLOCKS: Support Inside Block
Twin Low/Inside Block

FORM: PYUNG AHN THREE Meaning: Peaceful and Calm
Number of Moves: 22



BLUE BELT

REQUIRED SUPPLIES:

1. Re-breakable or Wooden Boards

RECOMMENDED SUPPLIES:

1. Wavemaster / Heavy Bag
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REQUIRED MOVES:

STRIKES: Up-Set Knife Hand Strike
Lunge Punch
Back Elbow Strike

DEFENSE: Front/Rear
Choke

KICKS: Hook Kick
Axe Kick
Turn Side Kick

GROUND: Rear Mount

BLOCKS: Closed Hand Square Block
Double-hand Fist Block

FORM: WON-HYO Meaning: Name of a monk who helped spread
Buddhism in Korea. Number of Moves: 28



BLUE-2 BELT

REQUIRED SUPPLIES:

1. Re-breakable or Wooden Boards

RECOMMENDED SUPPLIES:

1. Boxing Gloves
 2. Jump rope
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REQUIRED MOVES:

STRIKES:

Double-hand Knife Block (Spear Arm)

DEFENSE: Side Shoulder Grab

GROUND: Side Control

KICKS: Spin Crescent Kick
Spin Hook Kick

BLOCKS: C-Block ; X-Block
Open Hand Square

FORM: Pyung Ahn Four Meaning: Balance and Security

Number of Moves: 24



BROWN BELT

REQUIRED SUPPLIES:

1. Re-breakable or Wooden Boards

RECOMMENDED SUPPLIES:

1. Choose Weapon of Interest
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REQUIRED MOVES:

STRIKES: Jump Backfist
Upset Palm

DEFENSE: Straight Punch
GROUND: Neck Restraints

KICKS: Jump Round Kick
Tornado Kick
Jump Turn Side Kick

BLOCKS: C-Block
Twin Outside/Low

FORM: YUL-GUK & PYUNG AHN FIVE

Yul-Guk Meaning: The Pen name of Yi I, a philosopher and scholar who was nicknamed the Confucius of Korea. Number of Moves: 38

Pyung Ahn Five Meaning: Balance and Security ; Number of Moves: 24



BROWN-2 BELT

REQUIRED SUPPLIES:

1. Re-breakable or Wooden Boards

RECOMMENDED SUPPLIES:

1. Book: It's Great to Be You!

REQUIRED MOVES:

STRIKES: Downward Punch
Lunge Uppercut

DEFENSE: Straight Punch

KICKS: Jump Spin Crescent Kick
Butterfly Kick

GROUND: Neck Restraints

BLOCKS: Open Hand Twin Block

FORM: HWA-RANG & RO HAI

Hwa-Rang Meaning: Group which became instrumental in the unification of the three Kingdoms of Korea ; Number of Moves: 29

Ro Hai Meaning: Vision of a Crane ; Number of Moves: 32



RED BELT

REQUIRED SUPPLIES:

1. Re-breakable or Wooden Boards

RECOMMENDED SUPPLIES:

1. Book: 7 Habits of Highly Effective Teens (or People)
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REQUIRED MOVES:

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|-----------------|-------------------------|-----------------|----------------|
| STRIKES: | Twin Punch | DEFENSE: | Straight Punch |
| | Twin Uppercut | GROUND: | Joint Locks |
| | Hook Punch | | |
| | Upper Elbow | | |
| | Support Downward Hammer | | |
| KICKS: | Flying Side Kick | | |
| BLOCKS: | Pole Grab | | |
| | Slow Tension Pressing | | |
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FORM: PO-UN & CHEWN-GUN

Chews-Gun Meaning: Korean Patriot ; Number of Moves: 32

Po-Un Meaning: Pseudonym of a loyal subject Chong Mong-Chu who was a famous poet ; Number of Moves: 36



RED-2 BELT

REQUIRED SUPPLIES:

1. Re-breakable or Wooden Boards

RECOMMENDED SUPPLIES:

1. Heavyweight Dress Uniform
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REQUIRED MOVES:

STRIKES: Ridge Hand
Snap Backfist
Twin Downward Palm Hand Strike

KICKS: Jump Spin Hook
Twist Kick

GROUND/DEFENSE: Joint Locks

FORM: CHOONG-MOO

Meaning: Name of an Admiral who invented the first armored battleship in
the year 1592 A.D.

Number of Moves: 30



