

WHITE BELT

*10 pres sups

*10 Sit-ups

*10 Straight jumps

*Four directional punching (Saju jirugi)

*Four directional blocking (Saju makgi)

*Sitting stance single punch (narani so jirugi)

* Front rising kick (apcha ollogi)

* Walking stance middle obverse punch (Gunnun so kaunde baro jirugi)

* Walking stance middle inner forearm block (Gunnun so kaunde an palmok makgi)

* Walking stance middle inner forearm block and middle reverse punch (gunnun so kaunde an palmok makgi wa kaunde bandae jirugi)

* Theory/ Attitude

WHITE BELT YELLOW TAG

* 20 Press ups

*20 Sit ups

*20 Straight jumps

* Four directional block (Saju makgi)

* Pattern chon-ji (Chon-ji tul)

*Sitting stance two continuous punches (Annun so doo jirugi)

* Front snap kick then walking stance obverse punch and reverse punch (apcha busigi wa gunnun so baro jirugi wa bandae jirugi)

*Front rising kick (apcha ollogi)

* Walking stance middle block reverse punch (Gunnun so kaunde an palmok makgi wa bandae jirugi)

*L-Stance middle inner forearm block (Niunja so kaunde an palmok makgi)

*L-Stance forearm guarding block (Niunja so palmok daebi makgi)

* Theory / Attitude

YELLOW BELT

*20 Press ups

*20 Sit ups

*20 Straight jumps

*Pattern chon-ji (Chon-ji tul)

*Pattern dan-gun (Dan-gun tul)

* Walking stance low block rising lock (Gunnun so najunde bakat palmok makgi wa chukyo makgi)

* Front snap kick then walking stance obverse punch then reverse punch (Apcha busigi wa gunnun so baro jirug wa bandae jirugi)

* L-stance outward knife hand side strike (Niunja so wa bakuro sonkal yop taerigi)

* L-stance knife hand guarding block (Niunja so wa palmok daebi makgi)

* L-stance Twin forearm block (Niunja so wa sang palmok makgi)

* Three step sparring (sambo matsogi)

* Theory / Attitude

YELLOW BELT GREEN TAG

*20 Press ups

*20 Sit ups

*20 Straight jumps

* Pattern dan-gun (Dan-gun tul)

* Pattern do-san (Do-san tul)

* Three step sparring (sambo matsogi)

- * Semi free sparring (ban jayo matsogi) basic
- * Walking stance wedging block (Gunnun so hecho makgi)
- * Left and right side piercing kick (yop cha jirugi)
- * Left and right turning kick (dollyo chagi)
- * Theory / Attitude

GREEN BELT

- * 20 Press ups
- * 20 Sit ups
- * 20 Straight jumps
- * Pattern do-san (Do-san tul)
- * Pattern won-hyo (Won-hyo tul)
- * Semi free sparring (ban jayo matsogi)
- * Free sparring (Jayo matsogi)
- * Left and right side piercing kick (Yop cha jirugi)
- * Left and right turning kick (dollyo chagi)
- * Left & right back piercing kick (Dwit cha jirugi)
- * Theory / Attitude

GREEN BELT BLUE TAG

- * 20 Press ups
- * 20 Sit ups
- * 20 Straight jumps
- * Pattern won-hyo (Won-hyo tul)

- * Pattern yul-gok (Yul-gok tul)
- * One step sparring (Ilbo matsogi)
- * Two step sparring (lbo matsogi)
- * Free sparring (Jayo matsogi)
- * Self-defence - releasing motions
- * Left and right side piercing kick (Yop cha jirugi)
- * Left and right turning kick (dollyo chagi)
- * Left and right reverse turning kick (bandae dollyo chagi)
- * Theory / Attitude

BLUE BELT

- * 20 Press ups
- * 20 Sit ups
- * 20 Straight jumps
- * Flexibility test
- * Pattern yul-gok (Yul-gok tul)
- * Pattern choong-gun (Choong-gun tul)
- * One step sparring (Ilbo matsogi)
- * Two step sparring (lbo matsogi)
- * Free sparring (Jayo matsogi)
- * Self-defence - Attacking motions
- * Left and right turning kick (dollyo chagi)
- * Left and right reverse turning kick (bandae dollyo chagi)
- * Left & right crescent kick (Bandal chagi)
- * Theory / Attitude

BLUE BELT RED TAG

- * 30 Press ups
- * 30 Sit ups
- * 30 Straight jumps
- * Flexibility test
- * Pattern joong-gun (Joong-gun tul)
- * Pattern toi-gye (Toi-gyetul)
- * One step sparring (Ilbo matsogi)
- * Two step sparring (lbo matsogi)
- * Free sparring (jayo matsogi)
- * Self-defence - breaking motion
- * Left and right turning kick (dollyo chagi)
- * Left and right reverse turning kick (bandae dollyo chagi)
- * Left & right vertical kick (Sewo chagi)
- * Theory / Attitude

RED BELT

- * 30 Press ups
- * 30 Sit ups
- * 30 Straight jumps
- * Flexibility test
- * Pattern Toi-gye (Toi-gye tul)
- * Pattern hwa-rang (Hwa-rang tul)
- * One step sparring (Ilbo matsogi)
- * Free sparring (Jayo matsogi)
- * Two verses one sparring
- * Self-defence
- * Left and right side piercing kick

- * Left and right turning kick
- * Left and right reverse turning kick
- * Walking stance reverse punch
- * Left and right flying side piercing kick (Twimyo yop cha jirugi)
- * Theory / Attitude

RED BELT BLACK TAG

- * Pattern (choice)
- * Pattern hwa-rang (Hwa-rang tul)
- * Pattern choong-moo (Choong-moo tul)
- * Three step sparring (Sambo matsogi)
- * Two step sparring (lbo matsogi)
- * One step sparing (llbo matsogi)
- * Free sparring (Jayo matsogi)
- * Two verses one free sparring
- * Self-defence (Hosin sool)
- * Turning kick (dollyo chagi)
- * Reverse turning kick (bandae dollyo chagi)
- * Flying side piercing kick (Twimyo yop cha jirugi)
- * Hand technique (choice) (brick)
- * Theory- Theory of power
 - Training secret
 - Meaning of Joong-gun
 - Meaning of choong-moo
 - Definition of Taekwon-do

BLACK BELT 1ST DEGREE

- * Pattern kwang-gae (Kwang-gae tul)
- * Pattern po-eun (Po-eun tul)
- * Pattern ge-baek (ge-baek tul)
- * One step sparring (Ilbo matsogi)
- * Free sparring (Jayo matsogi)
- * Two verses one free sparring
- * Self-defence (Hosin sool)
- * Foot sparring (Bal matsogi)
- * Flying turning kick (Twimyo dollyo chagi)
- * Reverse turning kick (bandae dollyo chagi)
- * Hand technique (choice) (brick)
- * Foot technique (choice) (brick)
- * Theory - Meaning of Yul-gok
 - Training secret
 - Ideal instructor
 - Meaning of ge-baek
 - Meaning of po-eun
 - Meaning of kwang-gae

BLACK BELT 2ND DEGREE

- * Pattern eui-am (Eui-am tul)
- * Pattern choong-jang (Choong-jang tul)
- * Pattern 15th
- * One step sparring (Ilbo matsogi)
- * Free sparring (Jayo matsogi)
- * Two verses one free sparring
- * Foot sparring (Bal matsogi)

- * Self-defence (Hosin sool)
- * Turning kick x3 boards (Dollyo chagi)
- * Flying reverse turning kick (Twimyo bandae dollyo chagi)
- * Hand technique (choice) (brick)
- * Foot technique (choice) (brick)
- * Theory - ON THE GRADING DAY