



TENTH GEUP WHITE BELT PROGRAM

A. Knowledge

- Common Terms
- Counting in Inanimate Korean Numbering system
- Dojang Rules

B. Poomse

- Taekeuk Il Jang

C. Motions

- Maki (Blocking)
 - a. Down Block
 - b. Middle Block
 - c. High Block
- Chagi (Kicks)
 - a. Front Kick
 - b. Side Kick
 - c. Round House Kick



NINTH GEUP WHITE W/ STRIP PROGRAM

- A. Knowledge
 - More Common Terms
 - Counting in Both Korean Numbering systems (Inanimate & Animate)
 - Dojang Rules

- B. Poomse
 - Taekeuk Il Jang
 - Il Yun Poomse

- C. Motions
 - Maki (Blocking)
 - a. Down Block
 - b. Middle Block
 - c. High Block
 - Chagi (Kicks)
 - a. Front Kick
 - b. Side Kick
 - c. Round House Kick
 - d. Back Kick
 - e. Ax Kick

- D. Ho Shin Sul (Self-Defense)
 - 5 Motions

- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



EIGHTH GEUP GOLD PROGRAM

- A. Knowledge
 - Start and End Class
 - All Previous Geups
- B. Poomse
 - Taekeuk Ey Jang
- C. Motions
 - Maki (Blocking) Combinations
 - Chagi (Kicks) Combinations
 - Chigi (Punching) Combinations
 - Su Nul (Knife Hand) Combinations
- D. Ho Shin Sul (Self-Defense)
 - 5 Motions
- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



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SEVENTH GEUP GOLD W/ STRIPE PROGRAM

- A. Knowledge
 - All Previous Geups
- B. Poomse
 - Taekeuk Sam Jang
 - Ey Yun Poomse
- C. Motions
 - Spinning Kicks
- D. Ho Shin Sul (Self-Defense)
 - 5 Motions
- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



SIXTH GEUP GREEN PROGRAM

- A. Knowledge
 - Kyurugi (Sparring) Competition Rules
- B. Poomse
 - Taekeuk Sa Jang
- C. Motions
 - Jumping Kicks
- D. Ho Shin Sul (Self-Defense)
 - 5 Motions
- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



FIFTH GEUP GREEN W/ STRIPE PROGRAM

- A. Knowledge
 - Poomse (Forms) Competition Rules
- B. Poomse
 - Taekeuk Ho Jang
 - Sam Yun Poomse
- C. Motions
 - Jumping Kick Combinations
- D. Ho Shin Sul (Self-Defense)
 - 5 Motions
- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



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FOURTH GEUP BLUE PROGRAM

- A. Knowledge
 - Coaching Techniques
- B. Poomse
 - Taekuk Yuk Jang
- C. Motions
 - Backhand Techniques
- D. Ho Shin Sul (Self-Defense)
 - 5 Motions
- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



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THIRD GEUP BLUE W/ STRIPE PROGRAM

- A. Knowledge
 - Training Techniques for Competition
- B. Poomse
 - Taekuk Chil Jang
- C. Motions
 - Flip Kicks
- D. Ho Shin Sul (Self-Defense)
 - 5 Motions
- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



SECOND GEUP RED PROGRAM

- A. Knowledge
 - Teaching Methods
 - Referee Rules
- B. Poomse
 - Taekuk Pal Jang
- C. Motions
 - Kick From All Ranges
 - Two on One Sparring
- D. Ho Shin Sul (Self-Defense)
 - 5 Motions
- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions



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FIRST GEUP RED W/ STRIPE PROGRAM

- A. Knowledge
 - School Administration
 - Community Service
 - Intro to RAP Program

- B. Poomse
 - Oh Yun Poomse
 - Koryo

- C. Motions
 - Board Breaking Techniques

- D. Ho Shin Sul (Self-Defense)
 - 5 Motions

- E. Chang Kal Kyuryugi (One-Step-Sparring)
 - 5 Motions