

White Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24-36 points, 2-3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Horse Stance (HS)	<input type="checkbox"/>	<input type="checkbox"/>			
HS Low Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS Inside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS Outside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS High Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS Middle Punch	<input type="checkbox"/>	<input type="checkbox"/>			
HS High Punch	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Fighting Stance	<input type="checkbox"/>	<input type="checkbox"/>			
Switching	<input type="checkbox"/>	<input type="checkbox"/>			
Stepping Forward and Backward	<input type="checkbox"/>	<input type="checkbox"/>			
Long Shuffle Forward and Backward	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Reverse Punch	<input type="checkbox"/>	<input type="checkbox"/>			
Jab Punch	<input type="checkbox"/>	<input type="checkbox"/>			
Front Kick (FK)	<input type="checkbox"/>	<input type="checkbox"/>			
Angle Kick (AK)	<input type="checkbox"/>	<input type="checkbox"/>			
Drop Kick (DK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Rules of the Dojang	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking Technique: Drop Kick	<input type="checkbox"/>	<input type="checkbox"/>			

Yellow Stripe Curriculum

Class points before being eligible for promotion testing: **A minimum 24-36 points, 2-3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Walking Stance (WS)	<input type="checkbox"/>	<input type="checkbox"/>			
Marching Series 1 (WS)	<input type="checkbox"/>	<input type="checkbox"/>			
WS Low Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS Inside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS Outside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS High Block	<input type="checkbox"/>	<input type="checkbox"/>			
WS Middle Punch	<input type="checkbox"/>	<input type="checkbox"/>			
WS High Punch	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Short Shuffle	<input type="checkbox"/>	<input type="checkbox"/>			
Side Shuffle	<input type="checkbox"/>	<input type="checkbox"/>			
Side Switch	<input type="checkbox"/>	<input type="checkbox"/>			
360 Degree Step	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Round Kick (RK)	<input type="checkbox"/>	<input type="checkbox"/>			
Side Kick (SK)	<input type="checkbox"/>	<input type="checkbox"/>			
Push Kick (PK)	<input type="checkbox"/>	<input type="checkbox"/>			
Step Kicks (FK,AK,RK,SK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme - "Courtesy and Respect"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Front Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring (light with no equipment)	<input type="checkbox"/>	<input type="checkbox"/>			

Yellow Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Front Stance (FS)	<input type="checkbox"/>	<input type="checkbox"/>			
Marching Series 2 (FS)	<input type="checkbox"/>	<input type="checkbox"/>			
FS Low Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS Inside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS Outside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS High Block	<input type="checkbox"/>	<input type="checkbox"/>			
FS Middle Punch	<input type="checkbox"/>	<input type="checkbox"/>			
FS High Punch	<input type="checkbox"/>	<input type="checkbox"/>			
Taegeuk 1 – Il Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Pump Fake	<input type="checkbox"/>	<input type="checkbox"/>			
Twist Fake	<input type="checkbox"/>	<input type="checkbox"/>			
2-Step	<input type="checkbox"/>	<input type="checkbox"/>			
3-Step	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Back Kick (BK)	<input type="checkbox"/>	<input type="checkbox"/>			
Counter Kicks (FK,AK,RK,DK,BK)	<input type="checkbox"/>	<input type="checkbox"/>			
3600 Kicks on the ground (FK,AK,RK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Integrity"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking – Round Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring (with equipment)	<input type="checkbox"/>	<input type="checkbox"/>			

Green Stripe Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 2 - Ee Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Streak 20	<input type="checkbox"/>	<input type="checkbox"/>			
Side Splits	<input type="checkbox"/>	<input type="checkbox"/>			
Front Splits	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Double (Angle Kicks)	<input type="checkbox"/>	<input type="checkbox"/>			
High Kicks (FK,AK,RK,PK,SK,BK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Self-Control"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Back Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			

Green Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Back Stance (BS)	<input type="checkbox"/>	<input type="checkbox"/>			
Marching Series 3 (BS)	<input type="checkbox"/>	<input type="checkbox"/>			
Taegeuk 3 - Sam Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taekwondo specific conditioning sheet	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Hopping (Edan) Kicks (FK,AK,RK,SK,PK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			
Cut Kicks (FK,AK,RK,DK,BK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Indomitable Spirit"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - 3600 Round Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			

Blue Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 5 – Oh Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taekwondo specific conditioning sheet	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Jumping Kicks (FK,AK,RK,PK,SK,DK,BK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Goal Setting"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking – Double Round Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			

Red Stripe Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 6 - Yuk Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Streak 40	<input type="checkbox"/>	<input type="checkbox"/>			
Side Splits	<input type="checkbox"/>	<input type="checkbox"/>			
Front Splits	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Hook Kick	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Leadership/Teaching (5 hours)	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Combination Counter Round Kick, Cut Back Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			

Blue Stripe Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 4 - Sah Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Streak 30	<input type="checkbox"/>	<input type="checkbox"/>			
Side Splits	<input type="checkbox"/>	<input type="checkbox"/>			
Front Splits	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Counter Front-Leg Kicks (FK,AK,RK,SK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			
Cut Front-Leg Kicks (FK,AK,RK,SK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Perseverance"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Combination Round Kick, Back Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			

Red Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 7- Chil Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taekwondo specific conditioning sheet	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Spinning Kick	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Leadership/Teaching (10-15 hours)	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Spinning Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			

Black Stripe Curriculum

Class points before being eligible for promotion testing: **A minimum 24-36 points, 2-3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 8- Pal Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Streak 50	<input type="checkbox"/>	<input type="checkbox"/>			
Side Splits	<input type="checkbox"/>	<input type="checkbox"/>			
Front Splits	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
All striking techniques	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
The Meaning of Black Belt (Essay on Tenets of Taekwondo)	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Demonstration of 3 Sequences	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			