

CURRICULUM FOR 1ST DAN TO 2ND DAN
Based on Testing every 2 months

1st Testing Curriculum: Poomse Koryo Hyung. With Combination Breaking

Breaking: Knife hand, punch, round house kick and back kick.

2nd Testing Curriculum: Falling Techniques

- 1) Forward Falling
- 2) Side Falling
- 3) Back Falling
- 4) Jump over obstacle Falling

Breaking: Ridge hand, jump punch/ jump over the obstacle and rolling

3rd Testing Curriculum: One Step Sparring with a partner

- 1) Yellow belt one step sparring #1 with additional techniques.
- 2) Green belt one step sparring #2.
- 3) Blue belt one step sparring #1.
- 4) Blue belt one step sparring #2.
- 5) Red belt one step sparring #1.
- 6) Deputy one step sparring #1

Breaking: Power breaking by hand

4th Testing Curriculum: Striking on the Vitals

- 1) Fist Strike
- 2) Back Fist
- 3) Knife Hand
- 4) Ridge Hand
- 5) Elbow
- 6) Knee
- 7) Head
- 8) Finger

Breaking: Power breaking by kick

5th Testing Curriculum: Choong Moo Hyung

Breaking: Speed break hand and kick

Eligible to apply 2nd Dan Testing

Creative Form:

-Use the movements from Tae-Guek 1 ~ 8 Jang and Koryo Hyung to make a creative form. You may take movements directly from these forms to add to your own.

-Imagine your movements are attacking or counterattacking imaginary opponents.

-The combination of your movements needs to flow. Your Kihap, breathing, and proper muscle isometrics needs to be in balance with your movements. You must have an understanding of the counter attack movements and they must reveal the opponents techniques.

-The whole form must have at least 25 movements and no more than 40 movements.