



COLOR BELT & ADULT CLASS CURRICULUM

ADVANCE CLASS

BELT LEVELS: BLUE, BLUE STRIPE, BROWN, BROWN STRIPE



SKY TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS

POOMSAE

TAE GUEK MOVES

KICKING

STEP JUMPING BACK KICK
STEP JUMPING SPIN HOOK KICK
STEP TORNADO HEAD KICK

SPARRING

CUT, PUNCH, OUT-IN KICK
CUT KICK HEAD ROUNDHOUSE, HOOK KICK

BREAKING

ONE BOARD; ANY KICKING TECHNIQUES



WATER TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS

POOMSAE

TAE GUEK YUK JANG

KICKING

JUMPING ROUNDHOUSE KICK
360 JUMPING BACK KICK
360 JUMPING SPIN HOOK KICK

SPARRING

ROUNDHOUSE TORNADO BACK KICK
BULLET TORNADO SPIN HOOK KICK

BREAKING

ONE BOARD; ANY KICKING TECHNIQUE



FIRE TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS

POOMSAE

TAE GUEK CHIL JANG

KICKING

RUNNING JUMPING BACK KICK
RUNNING JUMPING TRIPLE KICK
RUNNING JUMP OFF THE WALL
ROUNDHOUSE KICK

SPARRING

MOVING FORWARD, OFFENSE
MOVING FORWARD, DEFENSE

BREAKING

ONE BOARD; ANY KICKING TECHNIQUES



EARTH TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS

POOMSAE

TAE GUEK PAL JANG

KICKING

RUNNING TORNADO KICK
RUNNING SPIN HOOK KICK
RUNNING JUMPING SIDEKICK OVER
OBSTACLE

SPARRING

MULTI DIRECTIONAL PADDLE KICKING

BREAKING

ONE BOARD; ANY KICKING TECHNIQUES