



COLOR BELT & ADULT CLASS CURRICULUM

INTERMEDIATE CLASS

BELT LEVELS: GREEN, GREEN STRIPE, PURPLE, PURPLE STRIPE



SKY TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS

POOMSAE

TAE GUEK SAM JANG

KICKING

FAST ROUNDHOUSE KICK
FAST AX KICK
FAST HOOK KICK

SPARRING

ROUNDHOUSE, FRONT LEG AX KICK
ROUNDHOUSE, FRONT LEG HOOK KICK

BREAKING

ONE BOARD; ANY KICKING TECHNIQUES

WATER TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS



POOMSAE

BASIC NUMBER 2

KICKING

SPIN HOOK KICK
TORNADO KICK
DOUBLE ROUNDHOUSE KICK/ BULLET KICK

SPARRING

SLIDE BACK ROUNDHOUSE TORNADO KICK
SLIDE BACK ROUNDHOUSE SPIN HOOK KICK

BREAKING

ONE BOARD; ANY KICKING TECHNIQUE



FIRE TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS

POOMSAE

TAE GUEK SA JANG

KICKING

RUNNING JUMPING FRONT KICK
RUNNING JUMPING SIDEKICK
RUNNING JUMPING AX KICK

SPARRING

SLIDE IN PUNCH
CUT KICK ROUNDHOUSE KICK

BREAKING

ONE BOARD; ANY KICKING TECHNIQUES

EARTH TECHNIQUE

MINIMUM ATTENDANCE: 12 DAYS



POOMSAE

TAE GUEK OH JANG

KICKING

RUNNING, JUMPING SIDEKICK PUNCH
RUNNING, JUMPING DOUBLE FRONT KICK
RUNNING, JUMPING SPLIT KICK

SPARRING

DEFENSIVE JUMPING BACK KICK
DEFENSIVE JUMPING SPIN HOOK KICK

BREAKING

ONE BOARD; ANY KICKING TECHNIQUES