

BROWN/BLACK

The color of the ground where growing things are rooted firmly. Stability of physical and mental power is apparent.

STRIPES

WHITE

GOLD

GREEN

BLUE

BROWN

RED

BLACK

MEANING

SELF DEFENSE

PAD DRILL

HOME HELP

FORMS

Additional training

SPARRING

KICKS

CURRICULUM

See below for the rotation

CAMA 1, 2 & 3

Turn in Home Help. 10 push ups

See below for the rotation

Participate in Seminar or Tourney

Attend a sparring class

Round - Jump round

spin hook

ROTATIONS

TESTING MONTH

RotationB

December-20

RotationC

February-21

RotationA

April-21

FORM	Pal Jang (1/2 for brown belts)	Choong Moo (1/2 for brown belts)	Chil Jang (1/2 for brown belts)
BLUE STRIPE			
ONE STEP	OneStep#2	OneStep #3	OneStep#1
WHITE STRIPE	inside/Backfist/ Reverse Punch	inside/spin elbow/ backfist sweep	Triple Punch
GRAB DEFENSE	Front & Back Bear Hugs	Grab#2 - Front Choke	Grab#5-ide headlock
WHITE STRIPE	(four)	1&2	1&2
GROUND DEFENSE	from mount to guard & reverse	from mount to guard & reverse	from mount to guard & reverse
WHITE STRIPE			

PHRASES

bow to the instructor -
bow to the master
BOW TO grand master

kyo sah nim - kae kunyae
sah bum nim- kae - kunyae
kwan jang nim - kae kunyae

round (roundhouse) kick
back kick
front kick
side kick

dolrya chagi
dwi chagi
ahp chagi
yup chagi

NEEDED TO BELT TESTS

10 classes - 14 Stripes
the stripe on the right side means we covered in class
the stripe on the left side means you are ready to test
at least 2 months of training
Belt fee
Letter of Recommendation