



Technical Belt Tips

	Self-Defense Technique
	Sparring Technique
	Patterns Technique
	Breaking Technique

Attitude Belt Tips

	Positive attitude and behavior at the Dojang (from Master Instructor)
	Positive attitude and behavior at home and school (from parents)

Current Belt Level	Pattern	One-step Self-defense	Sparring Techniques	Breaking Techniques
White 11th Gup	Fundamental Pattern	Basic Kicks and Punches	3 Kick Combination with Shuffle	Kids – Running Jump Sidekick Adults/Jr's – Elbow Strike (1 side)
Yellow-stripe 10th Gup	Kibon/Basic Pattern	Side Kick and Back Kick	5 Kick Combination with Shuffle	Kids – Running Jump Sidekick over Shield Adults/Jr's – Punch or Palm Strike (1 side)
Half Yellow 9th Gup	Tae Geuk #1 IL Jang	#1	Combination Kicks	Front Snap Kick
Yellow 8th Gup	Tae Geuk #2 E Jang	#1 -2	Block and Punch	Stepping Side Kick
Green-stripe 7th Gup	Tae Geuk #3 Sam Jang	#1 -3	Shuffle Side	Kids – Elbow Strike Adults/Jr's – Back Kick
Green 6th Gup	Tae Geuk #4 Sa Jang	#1 – 4	Back Kick	Knife Hand Chop
Blue-stripe 5th Gup	Tae Geuk #5 Oh Jang	#1 – 5	360 Roundhouse Kick	Jumping Front Snap Kick
Blue 4th Gup	Tae Geuk #6 Yook Jang	#1 – 6	Fakes	Axe Kick
Red-stripe 3rd Gup	Tae Geuk #7 Chil Jang	#1 – 7	Double Kicks	Back Spinning Kick
Red 2nd Gup	Tae Geuk #8 Pul Jang	#1 – 8	Counter Kicks	360 Jumping Back Kick
Black-stripe 1st Gup	Koryo and 4 Random	#1 – 9	All of the Above	All of the Above