

# White Belt Syllabus



**WHITE BELT THEME** *'The Journey of 100 miles starts with a single step'*

## FIRST<sup>1</sup> TIP

**STANCES** Sparring Stance Attention  
Jhoon Bee

## SECOND TIP

**PUNCHING** Jab Cross  
Hook Uppercut

## THIRD TIP

**KICKING** Front Kick Knee Strike

## FOURTH TIP

**BLOCKING** Upper Block Lower Block  
Outer Block

## FIFTH TIP

**KICKING** Back Kick Turning Kick

## SIXTH TIP

**SPARRING** Step Sparring

**SEQUENCES** Jab, Cross, Front Kick, Knee Strike  
Hook, Uppercut, Turning Kick, Back Kick

## BELT EXAM

**SKILLS TESTED** Participation in the Belt Exam Class  
Partner Skills  
Listening Skills



# Orange Belt Syllabus



## ORANGE BELT THEME

*'Hands are for Helping, not Hurting'*

## FIRST TIP

### STRIKING

Knifehand Strike

## SECOND TIP

### BLOCKING

Cover Block

Lower Block

## THIRD TIP

### KICKING

Inner Crescent Kick

Outer Crescent Kick

## FOURTH TIP

### STRIKING

Inner Knifehand Strike

Downward Knifehand Strike

## FIFTH TIP

### KICKING

Stepping Side Kick

Jumping Front Kick

## SIXTH TIP

### SPARRING

Step Sparring

### SEQUENCES

Inner Crescent Kick, Stepping Side Kick, Knifehand Strike

Outer Crescent Kick, Jumping Front Kick, Downward Knifehand Strike

## BELT EXAM

### SKILLS TESTED

Participation in Belt Exam Class

Holding Targets for a Partner

Listening to the Instructor



# Yellow Belt Syllabus



## YELLOW BELT THEME

*'Martial Artists Make Good Choices'*

## FIRST TIP

### STRIKES

Elbow Strike

Backward Elbow Strike

## SECOND TIP

### KICKING

Double Turning Kick

Sliding Front Kick

## THIRD TIP

### STRIKING

Upward Elbow Strike

Downward Elbow Strike

## FOURTH TIP

### KICKING

Side Kick

Turning Back Kick

## FIFTH TIP

### BELT SEQUENCES

Sliding Front Kick, Double Turning Kick, Elbow Strike

Side Kick, Turning Back Kick, Elbow Strike

## SIXTH TIP

### SPARRING

Step Sparring

## BELT EXAM

### SKILLS TESTED

Participation in Belt Exam Class

Holding Targets for Partners

Step Sparring



# Green Belt Syllabus



<b>GREEN BELT THEME</b>	<i>'Martial Artists have the power to carry on'</i>	
<b>FIRST TIP</b>		
BLOCKS	Upper X Block	Lower X Block
<b>SECOND TIP</b>		
STRIKES	Front Backfist	Upward Backfist
<b>THIRD TIP</b>		
KICKING	Hook Kick	Axe Kick
<b>FOURTH TIP</b>		
STRIKES	Spinning Backfist Strike Spinning Elbow Strike	Spinning Knifehand Strike
<b>FIFTH TIP</b>		
KICKING	Double Crescent Kick	Jumping Turning Kick
BLOCKING	Upper Block, Inner Block, Lower Block - use appropriate block for each blocking stick strike without prompting	
	Cover Block	Lower Block
<b>SIXTH TIP</b>		
SPARRING	Step Sparring	
BELT SEQUENCES	Double Crescent Kick, Spinning Backfist Strike Axe Kick, Hook Kick, Spinning Elbow Strike	
<b>BELT EXAM</b>		
PREREQUISITES	Regular Class Attendance	
SKILLS TESTED	Partner Skills	Line Skills



# Blue Belt Syllabus



## BLUE BELT THEME

*'Notice that the stiffest tree is most easily cracked, while the bamboo survives by bending with the wind.'*

## FIRST TIP

### STRIKING

Ridgehand Strike

Inner Ridgehand Strike

## SECOND TIP

### KICKING

***Either***

Spinning Crescent Kick

***or***

Spinning Hook Kick

## THIRD TIP

### BLOCKING

Rolling Block into Backfist Strike

## FOURTH TIP

### KICKING

Spinning Crescent Kick

***and***

Spinning Hook Kick

## FIFTH TIP

### STRIKING

Hammerfist Strike

Vertical Fist Punch

## SIXTH TIP

### APPLICATIONS

Step Sparring

### BELT SEQUENCES

Turning Kick, Spinning Hook Kick

Inner Crescent Kick, Spinning Crescent Kick

## BELT EXAM

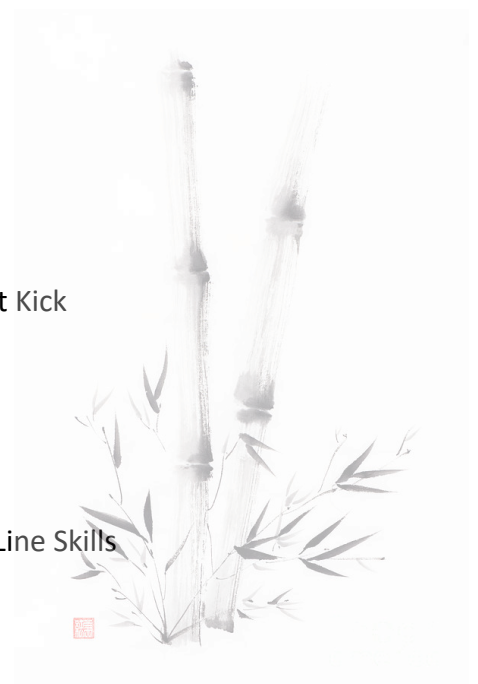
### PREREQUISITES

Regular Class Attendance

### SKILLS TESTED

Partner Skills

Line Skills



# Purple Belt Syllabus



<b>PURPLE BELT THEME</b>	<i>'Motivation is what gets you started. Habit is what keeps you going.'</i>	
<b>FIRST TIP</b>		
<b>STRIKING</b>	Jump Spinning Backfist	Jump Spinning Knifehand
	Jump Spinning Elbow	
<b>SECOND TIP</b>		
<b>BLOCKING</b>	Upper Rolling Block into Uppercut Punch	
	Lower Rolling Block into Vertical Fist Punch	
<b>THIRD TIP</b>		
<b>KICKING</b>	Jumping Inner Crescent Kick	Flying Side Kick
<b>FOURTH TIP</b>		
<b>KICKING</b>	Jumping Outer Crescent Kick	
<b>FIFTH TIP</b>		
<b>STRIKING</b>	Crane Strikes - Upward, Forward, Outward	
<b>SIXTH TIP</b>		
<b>APPLICATIONS</b>	Step Sparring	
<b>BELT SEQUENCES</b>	Jumping Inner Crescent Kick, Spinning Crescent Kick	
	Jump Spinning Backfist, Jump Spinning Knifehand Strikes	
<b>BELT EXAM</b>		
<b>PREREQUISITES</b>	Regular Class Attendance	
<b>SKILLS TESTED</b>	Partner Skills	Line Skills
	Setting a Good Example	
	Board Breaking	



# Brown Belt Syllabus



## BROWN BELT THEME

*'It does not matter how slowly you go as long as you do not stop.'*

## FIRST TIP

### STRIKING

Rolling Blocks into Strikes

Inner Rolling Block into ; Hook Punch

Knifehand Strike

Elbow Strike

Vertical Fist Punch

Hammer Fist Strike

Jump Spinning Backfist Strike

Lower Rolling Block into ; Uppercut Punch

Downward Knifehand Strike

Downward Elbow Strike

Upwards Backfist Strike

Spinning Elbow Strike

Upwards Crane Strike

Upper Rolling Block into ; Cross Punch

Inner Knifehand Strike

Upwards Elbow Strike

Spinning Knifehand Strike

Ridgehand Strike

Jump Spinning Elbow Strike

## SECOND TIP

### KICKING

Sliding Axe Kick

Front leg Axe Kick

## THIRD TIP

### KICKING

Jump Turning Back Kick

## FOURTH TIP

### KICKING

Sliding Hook Kick

Front Leg Hook Kick



# Brown Belt Syllabus



## FIFTH TIP

### RELEASES

Against a Same Hand Grab

Circle Release  
Slide Release  
Push Release

Against a Cross Hand Grab

Circle Release  
Slide Release  
Push Release

Against a Double Hand Grab

Double Circle Release  
Clap Hands Release and Knee Strike  
Smash Release and Strike

Against a Choke

Wedging Block  
Throat Push Release  
Twist and Circle Release

## SIXTH TIP

### SPARRING

Step Sparring

### BELT SEQUENCES

Front Leg Axe Kick, Sliding Axe Kick

Front Leg Hook Kick, Sliding Hook Kick

## BELT EXAM

### PREREQUISITES

Regular Class Attendance

### SKILLS TESTED

Partner Skills  
Setting a Good Example



Line Skills  
Board Breaking



# Red Belt Syllabus



## RED BELT THEME

*'When you aim for perfection, you discover it is a moving target'*

## FIRST TIP

### STRIKING

Random Striking Combinations  
From White Belt Punches  
From Orange Belt Strikes  
From Yellow Belt Strikes  
From Green Belt Strikes  
From Blue Belt Strikes  
From Purple Belt Strikes

## SECOND TIP

### KICKING

Random Kicking Combinations  
From White Belt Kicks  
From Orange Belt Kicks  
From Yellow Belt Kicks  
From Green Belt Kicks  
From Blue Belt Kicks  
From Purple Belt Kicks  
From Brown Belt Kicks

## THIRD TIP

### RELEASES

Release and Counter

Against a Same Hand Grab

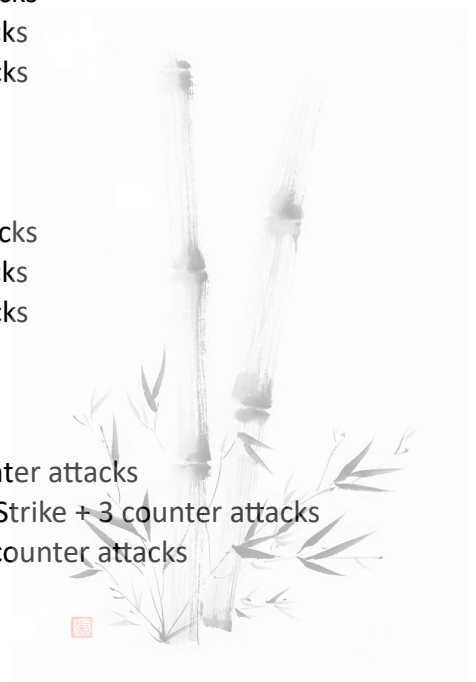
Circle Release + 3 counter attacks  
Slide Release + 3 counter attacks  
Push Release + 3 counter attacks

Against a Cross Hand Grab

Circle Release + 3 counter attacks  
Slide Release + 3 counter attacks  
Push Release + 3 counter attacks

Against a Double Hand Grab

Double Circle Release + 3 counter attacks  
Clap Hands Release and Knee Strike + 3 counter attacks  
Smash Release and Strike + 3 counter attacks



# Red Belt Syllabus



## THIRD TIP

*Continued*

Against a Choke

Wedging Block + 3 counter attacks

Throat Push Release + 3 counter attacks

Twist and Circle Release + 3 counter attacks

## FOURTH TIP

### KICKING

Jump Spinning Inner Crescent Kick      Jump Spinning Turning Kick

Jumping Axe Kick

Advanced Jumping Front Kick

Spinning Turning Kick

Advanced Jump Turning Back Kick

## FIFTH TIP

### WEAPONRY

Personal Choice Weapon

Basic Strikes with your chosen weapon

Step Sparring with your weapon

Develop a weaponry routine with your weapon

## SIXTH TIP

### SPARRING

One Step Sparring

Three Step Sparring

### BELT SEQUENCES

Spinning Turning Kick, Spinning Hook Kick, Advanced Jumping Front Kick  
Jumping Axe Kick, Jump Spinning Inner Crescent Kick, Spinning Knifehand

## BELT EXAM

### PREREQUISITES

Regular Class Attendance

Hapkido Class

Weaponry Class

Sparring Class

### SKILLS TESTED

Partner Skills

Setting a Good Example

Line Skills

Board Breaking

