

White Belt Testing Curriculum - Juniors
예 의 - Ye Ui - Etiquette, Rules, Student Creed
기 초 짜 기 - Gi Cho Jja Gi - Ki Breathing Exercises (6)
기 본 자 세 - Gi Bon Ja Se - Stances
공 격 자 세 - Gong Gyeok Ja Se - Offensive Stance
방 어 자 세 - Bang Eo Ja Se - Defensive Stance
기 마 자 세 - Gi Ma Ja Se - Horse Riding Stance
전 굴 자 세 - Jeon Gul Ja Se - Front Stance
굴 곡 자 세 - Gul Gok Ja Se - Cat Stance
공 방 자 세 - Gong Bang Ja Se - Offensive & Defensive Stance
수 기 - Su Gi - Hand Techniques
정 권 - Jeong Gwon - Straight Fist
평 수 - Pyeong Su - Palm Strike
관 수 - Gwan Su - Spear Hand
앞 박 치 기 - Ap Bak Chi Gi - Uppercut
쌍 수 도 - Ssang Su Do - Double Knife Hand
회 전 수 도 - Hoe Jeon Su Do - Rolling Knife Hand
족 술 - Jok Sul - Leg Techniques
무릎 차 기 - Mu Reup Cha Gi - Knee Kick
앞 차 을 리 기 - Ap Cha Eul Ri Gi - Straight Leg Kick
안 다 리 차 기 - An Da Ri Cha Gi - Inner Leg Kick
바깥 다 리 차 기 - Ba Kkat Da Ri Cha Gi - Outer Leg Kick
앞 차 기 - Ap Cha Gi - Front Kick
옆 차 기 - Yeop Cha Gi - Side Kick
발 등 차 기 - Bal Deung Cha Gi - Roundhouse Kick

낙법 - Nak Beop - Falling Techniques
앞구르기 - Ap Gu Reu Gi - Forwards Somersault
앞낙법 - Ap Nak Beop - Front Fall
뒤낙법 - Dwi Nak Beop - Back Fall
옆낙법 - Yeop Nak Beop - Side Fall
앞옆낙법 - Ap Yeop Nak Beop - Sideways Front Fall
회전낙법 - Hoe Jeon Nak Beop - Rolling Fall
기초형 - Gi Cho Hyeong (1-3) - Fundamental Form
기본수 - Gi Bon Su - Basic Techniques (1-7)
평수 - Pyeong Su - Palm Strike Break

<u>Yellow Stripe Testing Curriculum - Juniors</u> <u>(Includes All Prior Material)</u>
수기 - Su Gi - Hand Techniques
역수도 - Yeok Su Do - Inverted Knife Hand
앞뒤수기 - Ap Dwi Su Gi - Front & Rear Punching Drill
십자막기 - Sip Ja Mak Gi - Four Direction Block
좌우정권뒤수도 - Jwa Woo Jeong Gwon Dwi Su Do - 1-2 Punch, Spinning Knife Hand (Combination)
족술 - Jok Sul - Leg Techniques
안꿈치돌리기 - An Kkum Chi Dol Ri Gi - Inside Heel Kick (Toes Turned Outward)
회전안다리차기 - Hoe Jeon An Da Ri Cha Gi - Rolling Inner Leg Kick
기초형 - Gi Cho Hyeong (1-6) - Fundamental Form
기본수 - Gi Bon Su - Basic Techniques (15)
평수 - Pyeong Su - Palm Strike Break

Yellow Belt Testing Curriculum - Juniors
(Includes All Prior Material)

수기 - Su Gi - Hand Techniques

회전평수 - Hoe Jeon Pyeong Su - Rolling Palm Strike

회전각권 - Hoe Jeon Gak Gwon - Rolling Back Fist

사마귀막기, 평수 - Sa Ma Gwi Mak Gi , Pyeong Su- Praying Mantis Block & Palm Strike (Combination)

역쌍수도, 회전각권 - Yeok Ssang Su Do, Hoe Jeon Gak Gwon - Inverted Double Knife Hand, Rolling Back Fist (Combination)

족술 - Jok Sul - Leg Techniques

발꿈치차기 - Bal Kkum Chi Cha Gi - Hook Kick

뒤돌아엎차기 - Dwi Dol A Yeop Cha Gi - Backwards Turning Side Kick

돌아차기 - Dol A Cha Gi - Spin Kick

낙법 - Nak Beop - Falling Techniques

뒤구르기 - Dwi Gu Reu Gi - Backwards Somersault

두손푹차 - Du Son Pung Cha - 2-Hand Cartwheel

초급형 - Cho Geup Hyeong - Beginner's Form (Half)

손목수 - Son Mok Su - Defense Against Wrist Seize Techniques (1-6)

옆차기 - Yeop Cha Gi - Side Kick Break

Blue Stripe Testing Curriculum - Juniors
(Includes All Prior Material)

초급형 - Cho Geup Hyeong - Beginner's Form

손목수 - Son Mok Su - Defense Against Wrist Seize Techniques (11)

옆차기 - Yeop Cha Gi - Side Kick Break

Blue Belt Testing Curriculum - Juniors
(Includes All Prior Material)

수기 - Su Gi - Hand Techniques

공방십자막기 - Gong Bang Sip Ja Mak Gi - Offensive & Defensive Four Direction Block

족술 - Jok Sul - Leg Techniques

역발등차기 - Yeok Bal Deung Cha Gi - Inverted Roundhouse Kick

뛰어차기 - Ttwi Eo Cha Gi - Jumping Kicks

상단돌아차기 - Sang Dan Dol A Cha Gi - High Spin Kick

낙법 - Nak Beop - Falling Techniques

고양이낙법 - Go Yang I Nak Beop - Cat Roll

중급형 - Jung Geup Hyeong - Intermediate Form I (Half)

외복수 - Oe Bok Su - Defense Against Cloth Seize (13)

상단돌아차기 - Sang Dan Dol A Cha Gi - High Spin Kick Break

Red Stripe Testing Curriculum - Juniors
(Includes All Prior Material)

중급형 - Jung Geup Hyeong - Intermediate Form I

안손목수 - An Son Mok Su - Defense Against Inner Wrist Seize (6)

상단돌아차기 - Sang Dan Dol A Cha Gi - High Spin Kick Break

Red Belt Testing Curriculum - Juniors
(Includes All Prior Material)

수기 - Su Gi - Hand Techniques

팔꿈치치기 - Pal Kkum Chi Chi Gi - Elbow Strike

족술 - Jok Sul - Leg Techniques

상단돌아차기 - Sang Dan Dol A Cha Gi - High Spin Kick (Jump)

하단돌아차기 - Ha Dan Dol A Cha Gi - Low Spin Kick

낙법 - Nak Beop - Falling Techniques

물구나무서기 - Mul Gu Na Mu Seo Gi - Handstand

공중낙법 - Gong Jung Nak Beop - Jump Rolling Fall

고급형 - Go Geup Hyeong - Intermediate Form II (Half)

맥치기 - Maek Chi Gi - Counter Strikes to Vital Points (15)

하단돌아차기 - Ha Dan Dol A Cha Gi - Low Spin Kick Break

Brown Stripe Testing Curriculum - Juniors
(Includes All Prior Material)

고급형 - Go Geup Hyeong - Intermediate Form II

맥차기 - Maek Cha Gi - Counter Kicks to Vital Points (15)

하단돌아차기 - Ha Dan Dol A Cha Gi - Low Spin Kick Break

Brown Belt Testing Curriculum
(Includes All Prior Material)

수기 - Su Gi - Hand Techniques

사방치기 - Sa Bang Chi Gi - Four Sided Cross Punching

쌍평수 - Ssang Pyeong Su - Double Palm Strike

족술 - Jok Sul - Leg Techniques

이단옆차기 - I Dan Yeop Cha Gi - Jump Side Kick

낙법 - Nak Beop - Falling Techniques (Optional for Adults)

한손풍차 - Han Son Pung Cha - 1-Handed Cartwheel

물구나무서기 - Mul Gu Na Mu Seo Gi, 앞구르기 - Ap Gu Reu Gi - Handstand, Forwards Somersault

뒤구르기 - Dwi Gu Reu Gi, 물구나무서기 - Mul Gu Na Mu Seo Gi -Backwards somersault, Handstand

차올우키- Cha Ol Uh Ki - Spring Up

대급형 - Dae Geup Hyeong - Intermediate Form III (Half)

주먹막아기본수 - Ju Meok Mak A Gi Bon Su - Intermediate Gi Bon Su Techniques (15)

중급손목수 - Jung Geup Son Mok Su - Intermediate Defense Against Wrist Seize (7)

뒤돌아옆차기 - Dwi Dol A Yeop Cha Gi - Backwards Turning Side Kick Break

Red/Black Stripe Testing Curriculum - Juniors
(Includes All Prior Material)

대급형 - Dae Geup Hyeong - Intermediate Form III

앞외복수 - Ap Oe Bok Su - Intermediate Defense Against Cloth Seize - Front (20)

뒤돌아옆차기 - Dwi Dol A Yeop Cha Gi - Backwards Turning Side Kick Break

**Red/Black Belt Testing Curriculum
(Includes All Prior Material)**

수기 - Su Gi - Hand Techniques

일지권 - Il Ji Kwon (Index Knuckle) Strike

중지권 - Jung Ji Kwon (Middle Finger) Strike

손등 - Son Deung - Back Hand

족술 - Jok Sul - Leg Techniques

삼방초차기 - Sam Bang Cho Cha Gi - Jump Split Kick

낙법 - Nak Beop - Falling Techniques

팔꿈치퐁차 - Pal Kkum Chi Pung Cha - Elbow Cartwheel

재주넘기 - Jae Ju Neom Gi - Front Handspring

☀검무형 - Geom Mu Hyeong - Royal Court Empty Hand Form

쌍단봉형 - Ssang Dan Bong Hyeong - Double Short Staff Form

뒤외복수 - Dwi Oe Bok Su - Intermediate Defense Against Cloth Seize - Back (23)

관절기 - Gwan Jeol Gi - Joint Twisting Techniques (13)

투기 - Tu Gi - Defense Against Punch with Throws (13)

상단돌아차기 - Sang Dan Dol A Cha Gi - High Spin Kick & 하단돌아차기 - Ha Dan Dol A Cha Gi - Low Spin Kick (Combination Break)

First Degree Black Belt Testing Curriculum
(Includes All Prior Material)

족술 - Jok Sul - Leg Techniques

가위 차기 - Ga Wi Cha Gi - Scissor Kick

낙법 - Nak Beop - Falling Techniques

공중 풍차 - Gong Jung Pung Cha - Aerial Cartwheel

뒤로 재주 넘기 - Dwi Ro Jae Ju Neom Gi - Back Handspring

백팔기 - Baek Pal Ki Hyeong - 108 Movement Form

중봉형 - Jung Bong Hyeong - Middle-sized Staff Form

잡기 - Jap Gi - Grappling Techniques (20)

방투기 - Bang Tu Gi - Defense Against Throws (10)

목조르기 - Mok Jo Reu Gi - Ground Choking Techniques (5)

Two Boards Advance Breaks

Second Degree Black Belt Testing Curriculum
(Includes All Prior Material)

격파형 - Gyeok Pa Hyeong - Breaking Form

정검형 - Jeong Geom Hyeong - Straight Sword Form

고급손목수 Go Geup Son Mok Su - Advance Defense Against Wrist Seize (15)

고급외복수 Go Geup Oe Bok Su - Advance Defense Against Cloth Seize (15)

양손목수 Yang Son Mok Su - Defense Against Both Hands Seize (15)

Three Boards Advance Breaks

Third Degree Black Belt Testing Curriculum
(Includes All Prior Material)

삼방초 - Sam Bang Cho Hyeong - Three Directional Defense Form

역검형 - Yeok Geom Hyeong - Inverted Sword Form

쌍수 - Ssang Su - Defense Against One-hand Seize by Both Hands (15)

좌기 - Jwa Gi - Defense Techniques in Sitting Position (15)

와기 - Wa Gi - Defense Techniques in Lying Position (15)

단도막기 - Dan Do Mak Gi - Defense Against Knife Attacks (15)

Three Boards Advance Breaks

Fourth Degree Black Belt and Higher Testing Curriculum
(Includes All Prior Material)

운학형 - Un Heok Hyeong - Crane on a Cloud Form

쌍단검형 - Ssang Dan Geom Hyeong - Short Swords Form

쌍장검형 - Ssang Jang Geom Hyeong - Double Sword Form

기본본 - Gi Bon Bon - Circular Techniques (10)

각도법 - Gahk Doh Beop - Angle Techniques (10)

전환법 - Jeon Hwan Beop - Speed Throws (13)

2인처리술 - In Cheo Ri Sul - Defense Against Two Attackers (10)

지압술 - Ji Ap Sul - Single Pressure Point Techniques (10)

연행술 - Yeon Haeng Sul - Escorting Techniques (10)

포박술 - Po Bak Sul - Defense with Rope Techniques (10)

박술 - Bak Sul - Head Butting Techniques (6)

지팡이술 - Ji Pang I Sul - Defense with Cane Techniques (10)

평수법 - Pyeong Su Beop - Open Palm Strike Techniques (10)

부채술 - Bu Chae Sul - Defense with Fan Techniques (10)