

Voorhees Taekwondo Colored-Belt Curriculum

Effective January 1, 2008

10th Gup White Belt

Belt: Solid White

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
Front Stance	Down Block	Rising Stretch Kick	Palm block, triple punch	Kicho Il Bo
	Rising Block	Crossing Kick	Rising block, high punch	
	Middle Block	Front Kick	Rt. Leg side kick	
	Rev. Knife Hand Strike		Middle block, spin elbow	
	Middle Punch		Middle block, spin knife-hand strike	
	High Punch			
Back Stance	Side Block	Roundhouse Kick		
	Knife-hand Strike	Side Kick		
	Double Knife-hand Guarding Block			
	Fighting Stance			
Straddle (Horse) Stance	Single, double, triple punch			
Attention Stance				
Ready Stance				

Board breaking: none

9th Gup White Belt

Belt: White with Yellow Stripe on the end

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
Walking Stance	Two-part combinations	Back-spin roundhouse	Middle block, spin elbow	Kicho Il Bo (repeat)
Sliding (<i>mikeumbal</i>)	Spinning knife-hand strike	Sliding side kick	Middle block, spin knife-hand strike	
		Spin side kick	Rt. Leg side kick, knife-hand strike	
		Ax kick	Axe kick, pectoral punch	
			Crossing kick, roundhouse	

Board breaking: none

8th Gup Yellow Belt

Belt: Solid Yellow Belt

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
Switch-foot	Double-knife-hand down block	2 kick combinations (rndhse/spinside), etc.	Middle block, spin double elbow	Taeguek 1
Switch Stance	Double-fist down block	Switch foot round	Rt. Leg side kick, knife-hand strike, step out block, right roundhouse to head	Palgwe 1
	Twin forearms guarding block (<i>dool palmok maki</i>)	Switch foot ax	Rising block, high punch, inside-out breaking balance	
	Double hand techs that transition between stances (back stance to front stance)			

Board breaking: one board, favorite kick

7th Gup Yellow Belt

Belt: Yellow Belt with Green Stripe

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
Moving backwards in front stance and back stance	Twin forearms block (<i>ssang palmok maki</i>)	3 kick combinations (rndhse/spinside), etc.	All previous, on left side	Taeguek 2
	Twin forearms guarding block (<i>dool palmok maki</i>) in front stance	Jump spin side kick		Palgwe 2
	Three and four technique combinations	Spin crossing kick		

Board breaking: one board, spinning side kick

If student has not participated in sparring classes before, they will need to participate in sparring classes at this belt level, and have sufficient skill before being permitted to test to 6th Gup.

6th Gup Green Belt

Belt: Solid Green Belt

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
Transitional Stance (<i>modeumbal</i>)	Flat Spearhand thrust (pyong s`do chiki)	4 kick combinations	Arm-bar takedown	Taeguek 3
	Vertical spearhand with pressing block (<i>kwansu chirki</i>)	360 roundhouse	Side kick, spin side kick	Palgwe 3
	Jebbi Poom maki			
	Chest block (<i>hycho maki</i>)			
	Pakka palmok maki			
	Backfist strike			
	Ridge hand strike			
	Elbow strike			

Board breaking: 2 boards. Roundhouse, spin-side combination, one board each station

5th Gup Green Belt

Belt: Green Belt with Blue Stripe

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
Crossed stance	Inside chest block (ahn palmok hycho maki)	Wheel kick	Press block, ridge hand, leg sweep	Taeguek 4
Crane stance	Aon palmok maki	360 aerial crossing	Side kick, jump spin side kick	Palgwe 4
	Double uppercut			
	Hammerfist strike			
	Side hammerfist strike			
	Side punch			
	Pressing block			
	Scissors block (<i>kawey maki</i>)			
	Side backfist			
	Spinning side backfist			

Board breaking: 2 boards, ax kick/spin-side combination, 1 at each station

4th Gup Blue Belt
Belt: Solid Blue Belt

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
No new stances	Palm block	360 spin side	Crossing kick, spin wheel	Taeguek 5
	Palm-heel strike		Jebbi poom, hand sweep of the knee takedown	Palgwe 5
	Double scissors block			
	Knife-hand rising block			
	Knife-hand middle block			
	Knife-hand down block			

Board breaking: 3 boards, roundhouse/spin-side combination, 2 at spin-side station

3rd Gup Blue Belt
Belt: Blue Belt with Red Stripe

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
Cat stance	X-fist block	all kicks in jumping modes (i.e., jump roundhouse, jump side kick, jump front kick, etc.)	All previous, left side	Taeguek 6
	X-knife-hand block			Palgwe 6

Board breaking: 4 boards total. 3 boards with roundhouse/jump spin-side combination, 1 at round house, 2 at spin-side station. 1 board any hand or elbow technique.

2nd Gup Red Belt
Belt: Solid Red Belt

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
No new stances	Mountain block	all kicks in jumping modes (i.e., jump roundhouse, jump side kick, jump front kick, etc.)	All previous, left side	Taeguek 7
	X-knife-hand block		Invent 5 of their own	Palgwe 7

Board breaking: 4 boards total. 3 boards with roundhouse/jump spin-side combination, 1 at round house, 2 at spin-side station. 1 board any hand or elbow technique.

1st Gup Red Belt
Belt: Red Belt with Black Stripe

<u>Stances Taught</u>	<u>Hand Techs:</u>	<u>Kicking Techs:</u>	<u>One-Steps</u>	<u>Form(s)</u>
All previous	All techniques in any stance	Any kick or combination, in any mode	Create 20 of their own	Taeguek 8
			Demonstrate basic knife defenses	Palgwe 8
			2-on-1 one-steps	

Board breaking: 5 boards total. Testing board's discretion of techniques, combinations, number of boards at each station.

Tournament experience: Students must have participated in at least 2 tournaments before being permitted to test from 1st Gup to 1st Dan, Recommend.