



Adults Curriculum



White Belt (10th Kup) - Yellow Tag (9th Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content			Technical Assessment
Poomsae	None required		N/A
Basics	Stances	Attention; ready; walking; long; horse riding	Recognisable: correct foot positions, posture, balance and stability
	Blocks	Low block; middle block; high block	Recognisable: start and finish positions
	Strikes	In horse riding stance on the spot; single and double middle punch	Recognisable: start and finish positions
	Kicks	Front kick; push kick; half-turning kick	Recognisable: start and finish positions, part of foot and motion
Sparring	One-for-one kicking	No- contact	Both legs; some understanding of timing and distance
	Target (pad kicking)	Punches and kicks using aranians and paddles	Both legs; both hands; contacting target Holding paddles correctly
	One-step	None required	N/A
	Sport	No contact	Demonstrate timing, movement and distance. Kicking and punching to scoring areas.
Self Defense	None Required		
Fitness	10x Star jumps; tuck jumps; burpees. 5x press ups with proper forms; sit ups with proper form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners.		

Yellow Tag (9th Kup) - Yellow Belt (8th Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content			Technical Assessment
Poomsae	None required		
Basics	Stances	Attention; ready; walking; long; horse riding; back	Recognisable: correct foot positions, posture, balance and stability
	Blocks	Low block; middle block; high block; guard block	Recognisable: start and finish positions
	Strikes	In horse riding stance on the spot; single and double punch; high and low punches; multiple	Recognisable: start and finish positions
	Kicks	Front kick; push kick; half- turning kick; chop kick	Recognisable: start and finish positions, part of foot and motion
Sparring	One-for-one kicking	No- contact;	Both legs; more understanding of timing and distance
	Target (pad kicking)	Punches and kicks using aranians and paddles; using shields	Both legs; both hands; contacting target Holding paddles correctly
	One-step	None required	
	Sport	No contact	Demonstrate timing, movement and distance. Kicking and punching to scoring areas.
Self Defense	None Required		
Fitness	15x Star jumps; tuck jumps; burpees. 5x press ups with proper forms; sit ups with proper form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding difference between Charyeot, Kyungnae		

Yellow Belt (8th Kup) - Green Tag (7th Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content			Technical Assessment
Poomsae	Pattern 1: Taeguk Il Jang		Some minor errors are acceptable.
Basics	Stances	Attention; ready; walking; long; horse riding; back	Recognisable: correct foot positions, posture, balance and stability
	Blocks	Low block; middle block; high block; guard block	Recognisable: start and finish positions
	Strikes	In horse riding stance on the spot; single and double punch; high and low punches; multiple; moving	Recognisable: start and finish positions
	Kicks	Front kick; back kick; half-turning kick; push; chop kick; double, 360, crescent kick	Recognisable: start and finish positions, part of foot and motion
Sparring	One-for-one kicking	No- contact;	Both legs; more understanding of timing and distance
	Target (pad kicking)	Punches and kicks using aranyans and paddles; using shields	Both legs; both hands; contacting target Holding paddles correctly
	One-step	None	
	Sport	No contact	Demonstrate timing, movement and distance. Kicking and punching to scoring areas.
Self Defense	None Required		
Fitness	20x Star jumps; tuck jumps; burpees. 10x press ups with proper forms; sit ups with proper form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi		

Green Tag (7th Kup) - Green Belt (6th Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content			Technical Assessment
Poomsae	Previous pattern plus: Pattern 2 (Ee Jang)		Some minor errors are acceptable in current poomsae
Basics	Stances	All previous	Correct foot positions, posture, balance and stability
	Blocks	All previous	Recognisable start and finish positions; Using two hands and spare hand on waist
	Strikes	All previous	Recognisable start and finish positions Using two hands and spare hand on waist
	Kicks	All previous; side kick; back kick; hook kick; turning; checks	Recognisable: start and finish positions, part of foot and motion; balance and recovery after kick; accurate footwork between kicks
Sparring	One-for-one kicking	No- contact; two-for-two kicking	Both legs; more understanding of timing and distance; variety of techniques
	Target (pad kicking)	Punches and kicks using aranians and paddles; using shields	Both legs; both hands; contacting target Holding paddles correctly for multiple kicks in combo
	One-step	Closed stance, lead hand middle block, reverse punch; low middle and high punch; turning kick	Correct stance and basics; some correction throughout movement.
	Sport	Light contact; 2x 1.5 min rounds	Attacks and counter-attacks to the head an the body
Self Defense	Wrist and Collar Grabs; release and counter-attacks		
Fitness	Jogging for 10 minutes without stopping or level 4 on Beep Test. Minimum of 10 press ups and sit ups with correct form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi; Sijak (begin); Baro (return); swiyo (relax)		

Green Belt (6th Kup) - Blue Tag (5th Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content		Technical Assessment	
Poomsae	Previous patterns plus: Pattern 3 (Sam Jang)	Some minor errors are acceptable in current poomsae	
Basics	Stances	All previous	Recognisable: correct foot positions, posture, balance and stability
	Blocks	All previous; open hand middle/high block; outer forearm	Recognisable: start and finish positions; Using two hands and spare hand on waist
	Strikes	All previous; single knife hand strike	Recognisable: start and finish positions; Using two hands and spare hand on waist
	Kicks	All previous; side kick; back kick; hook kick; turning; check	Recognisable: start and finish positions, part of foot and motion; balance and recovery after kick; accurate footwork between kicks
Sparring	One-for-one kicking	No- contact; two-for-two kicking	Both legs; more understanding of timing and distance; variety of techniques
	Target (pad kicking) x	Punches and kicks using aranyans and paddles; using shields;	Both legs; both hands; contacting target; Holding paddles correctly
	One-step	Closed stance, lead hand middle block, reverse punch; low middle and high punch; turning kick; open stance lead hand outer forearm block, front leg side kick	Correct stance and basics; some correction throughout movement.
	Sport	Light contact; 2x 1.5 min rounds	Attacks and counter-attacks to the head and the body
Self Defense	Wrist and Collar Grabs; release and counter-attacks		
Fitness	Jogging for 10 minutes without stopping or level 4 on Beep Test. Minimum of 10 press ups and sit ups with correct form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi; Sijak (begin); Baro (return); swiyo (relax)		

Blue tag (5th Kup) - Blue belt (4th Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content			Technical Assessment
Poomsae	Previous patterns plus: Pattern 4 (Sah Jang)		Some minor errors are acceptable in current poomsae
Basics	Stances	All previous	Recognisable: correct foot positions, posture, balance and stability
	Blocks	All previous; open hand middle/high block; outer forearm; twin knife hand guard; pressing block	Recognisable: start and finish positions
	Strikes	All previous; single knife hand strike; spear finger; backfist	Recognisable: start and finish positions
	Kicks	All previous; side kick; back kick; hook kick; turning; check	Balance and recovery after kick; accurate footwork between kicks
Sparring	One-for-one kicking	No- contact; two-for-two kicking	Both legs; more understanding of timing and distance; variety of techniques
	Target (pad kicking)	Punches and kicks using aranyans and paddles; using shields;	Both legs; both hands; contacting target; Holding paddles correctly
	One-step	Same as above; closed stance, crescent kick, side kick/back fist.	Correct stance and basics; some correction throughout movement.
	Sport	Light contact; 2x 1.5 min rounds	Attacks and counter-attacks to the head and the body
Self Defense	Wrist and Collar Grabs; release and counter-attacks		
Fitness	Jogging for 10 minutes without stopping or level 4 on Beep Test. Minimum of 10 press ups and sit ups with correct form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi; Sijak (begin); Baro (return); swiyo (relax)		

Blue Belt (5th Kup) - Red tag (3rd Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content			Technical Assessment
Poomsae	All previous plus: Pattern 5: Taeguk Oh Jang		Some minor errors are acceptable in current poomsae
Basics	Stances	All previous; cross stance; cat stance	Recognisable: correct foot positions, posture, balance and stability
	Blocks	All previous	Recognisable: start and finish positions
	Strikes	All previous; hammerfist; elbow strike;	Recognisable: start and finish positions
	Kicks	All previous; Reverse turning/hook kick; twisting kick	Recognisable: start and finish positions, part of foot and motion; balance and recovery after kick; accurate footwork between kicks
Sparring	One-for-one kicking	No- contact; two-for-two kicking one-for-one kicking – light contact controlled	Both legs; ability to control distance and power
	Target (pad kicking)	Punches and kicks using aranyans and paddles; using shields; Board breaking, push kicks and chop kicks.	Understanding of 'lead' and 'reverse' hand and correct use of front and back leg when instructed
	One-step	To open stance, outer forearm block, arm lock and elbow strike.	Accurate, high quality basics, controlled light contact to the body.
	Sport	Light contact; 2x 1.5 min rounds	Attacks and counter-attacks to the head and the body
Self Defense	Wrist and Collar Grabs; release and counter-attacks; Throat grabs		
Fitness	Jogging for 10 minutes without stopping or level 4 on Beep Test. Minimum of 15 press ups and sit ups with correct form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi; Sijak (begin); Baro (return); swiyo (relax)		

Red Tag (3rd Kup) - Red Belt (2nd Kup)

Training Period			
3 months and minimum of 24 lessons			
Technical Content		Technical Assessment	
Poomsae	All previous plus: Pattern 6: Taeguk Yuk Jang	Some minor errors are acceptable in current poomsae	
Basics	Stances	All previous; cross stance; cat stance	Recognisable: correct foot positions, posture, balance and stability
	Blocks	All previous; 'X' block	Recognisable: start and finish positions
	Strikes	All previous; hammerfist; elbow strike;	Recognisable: start and finish positions
	Kicks	All previous; Reverse turning/hook kick; twisting kick	Recognisable: start and finish positions, part of foot and motion; balance and recovery after kick; accurate footwork between kicks
Sparring	One-for-one kicking	No- contact; two-for-two kicking one-for-one kicking – light contact controlled	Both legs; ability to control distance and power
	Target (pad kicking)	Punches and kicks using aranians and paddles; using shields; Board breaking, top of foot, front kicks and turning kicks; side kicks	Understanding of 'lead' and 'reverse' hand and correct use of front and back leg when instructed
	One-step	To offside, outer forearm block, arm lock and elbow strike; Wrist lock and front kick	Accurate, high quality basics, controlled light contact to the body.
	Sport	Light contact; 2x 2 min rounds	Attacks and counter-attacks to the head and the body
Self Defense	Wrist and Collar Grabs; release and counter-attacks; Throat grabs; bear hugs		
Fitness	Jogging for 10 minutes without stopping or level 4 on Beep Test. Minimum of 15 press ups and sit ups with correct form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi; Sijak (begin); Baro (return); swiyo (relax)		

Red Belt (2nd Kup) - Black Tag (1st Kup)

Training Period			
6 months and minimum of 50 lessons			
Technical Content		Technical Assessment	
Poomsae	All previous plus: Pattern.7: Taeguk Chil Jang	Some minor errors are acceptable in current poomsae	
Basics	Stances	All previous	Recognisable: correct foot positions, posture, balance and stability
	Blocks	All previous; 'X' block; low twin knife hand guard; scissor block	Recognisable: start and finish positions
	Strikes	All previous; hammerfist; elbow strike; groin strike; knee; upset punch;	Recognisable: start and finish positions
	Kicks	All previous; Reverse turning/hook kick; twisting kick;	Recognisable: start and finish positions, part of foot and motion; balance and recovery after kick; accurate footwork between kicks
Sparring	One-for-one kicking	No- contact; two-for-two kicking one-for-one kicking – light contact controlled	Both legs; ability to control distance and power
	Target (pad kicking)	Punches and kicks using aranians and paddles; using shields; Board breaking, top of foot, front kicks and turning kicks; side kicks	Understanding of 'lead' and 'reverse' hand and correct use of front and back leg when instructed
	One-step	To open stance, outer forearm block, arm lock and elbow strike; Wrist lock and front kick; to offside, outer forearm block, Elbow break and elbow strikes.	Accurate, high quality basics, controlled light contact to the body.
	Sport	Light contact; 2x 2 min rounds	Attacks and counter-attacks to the head and the body
Self Defense	Wrist and Collar Grabs; release and counter-attacks; Throat grabs; bear hugs; knife defence		
Fitness	Jogging for 10 minutes without stopping or level 5 on Beep Test. Minimum of 15 press ups and sit ups with correct form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi; Sijak (begin); Baro (return); swiyo (relax)		

Black Tag (1st Kup) - Black Belt (1st Dan)

Training Period			
6 months and minimum of 50 lessons			
Technical Content			Technical Assessment
Poomsae	All Previous plus: Pattern 8: Taeguk Pal Jang		Some minor errors are acceptable in current poomsae
Basics	Stances	All previous	Recognisable: correct foot positions, posture, balance and stability
	Blocks	All previous; scissor block; 'X' block; mid to high block;	Recognisable: start and finish positions
	Strikes	All previous; single knife hand strike; spear finger; backfist; hammerfist; elbow strike; knee; upset punch; ridgehand; palm strike; 'c' strike	Recognisable: start and finish positions
	Kicks	All previous; Reverse turning/hook kick; twisting kick; scissor kick	Recognisable: start and finish positions, part of foot and motion; balance and recovery after kick; accurate footwork between kicks
Sparring	One-for-one kicking	No- contact; two-for-two kicking one-for-one kicking – light contact controlled	Both legs; ability to control distance and power
	Target (pad kicking)	Punches and kicks using aranians and paddles; using shields; Board breaking, top of foot, front kicks and turning kicks; side kicks	Understanding of 'lead' and 'reverse' hand and correct use of front and back leg when instructed
	One-step	To offside, outer forearm block, arm lock and elbow strike; Wrist lock and front kick; Elbow break and elbow strikes; take downs	Accurate, high quality basics, controlled light contact to the body.
	Sport	Light contact; 3x 2 min rounds	Attacks and counter-attacks to the head and the body
Self Defense	Wrist and Collar Grabs; release and counter-attacks; Throat grabs; bear hugs; knife defence		
Fitness	Jogging for 10 minutes without stopping or level 6 on Beep Test. Minimum of 15 press ups and sit ups with correct form		
Terminology & Conduct	Bowling on/off the mats, shaking hands with partners; ability to tie own belt; understanding Charyeot, Kyungnae; Joonbi; Sijak (begin); Baro (return); swiyo (relax)		