



# TKD GRADUATION REQUIREMENTS AND CURRICULUM



RANKS	JANUARY - FEBRUARY Goals in Martial Arts Courtesy	MARCH - APRIL Loyalty Goals in Education	MAY - JUNE Respect Attitude	JULY - AUGUST Goals in Relationships Perseverance	SEPTEMBER - OCTOBER Honor Goals in the Community	NOVEMBER - DECEMBER Self Control Integrity
<b>TIGERS</b> All Ranks	<u>Form with Instructor</u> 1st Half Songahm 1  <u>Sparring with Instructor</u> One Step 1  <u>Leadership Boards</u> Reverse Elbow  <u>Weapons for Leadership</u> Single Ssahng Jeol Bong	<u>Form with Instructor</u> 1st Half Songahm 3  <u>Sparring with Instructor</u> One Step 1  <u>Boards for Leadership</u> Downward Hammerfist  <u>Weapons for Leadership</u> Single Bahng Mahng Ee	<u>Form with Instructor</u> 1st Half Songahm 2  <u>Sparring with Instructor</u> One Step 1  <u>Boards for Leadership</u> Palm Heel  <u>Weapons for Leadership</u> Double Ssahng Jeol Bong	<u>Form with Instructor</u> 1st Half Songahm 1  <u>Sparring with Instructor</u> One Step 1  <u>Boards for Leadership</u> Reverse Elbow  <u>Weapons for Leadership</u> Double Bahng Mahng Ee	<u>Form with Instructor</u> 1st Half Songahm 3  <u>Sparring with Instructor</u> One Step 1  <u>Boards for Leadership</u> Downward Hammerfist  <u>Weapons for Leadership</u> Sshang Nats	<u>Form with Instructor</u> 1st Half Songahm 2  <u>Sparring with Instructor</u> One Step 1  <u>Boards for Leadership</u> Palm Heel  <u>Weapons for Leadership</u> Jahng Bong
<b>BEGINNERS</b> White - Yellow	<u>Forms</u> Songahm 1  <u>Sparring</u> One Steps 1 and 2  <u>Boards for Leadership</u> Reverse Elbow  <u>Weapons for Leadership</u> Single Ssahng Jeol Bong	<u>Forms</u> Songahm 3  <u>Sparring</u> One Steps 1 and 2  <u>Boards for Leadership</u> Downward Hammerfist  <u>Weapons for Leadership</u> Single Bahng Mahng Ee	<u>Forms</u> Songahm 2  <u>Sparring</u> One Steps 1 and 2  <u>Boards for Leadership</u> Palm Heel  <u>Weapons for Leadership</u> Double Ssahng Jeol Bong	<u>Forms</u> Songahm 1  <u>Sparring</u> One Steps 1 and 2  <u>Boards for Leadership</u> Reverse Elbow  <u>Weapons for Leadership</u> Double Bahng Mahng Ee	<u>Forms</u> Songahm 3  <u>Sparring</u> One Steps 1 and 2  <u>Boards for Leadership</u> Downward Hammerfist  <u>Weapons for Leadership</u> Sshang Nats	<u>Forms</u> Songahm 2  <u>Sparring</u> One Steps 1 and 2  <u>Boards for Leadership</u> Palm Heel  <u>Weapons for Leadership</u> Jahng Bong
<b>ADVANCED</b> Camo - Red	<u>Forms</u> In Wha 2  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Reverse Elbow Front Kick  <u>Weapons for Leadership</u> Single Ssahng Jeol Bong	<u>Forms</u> In Wha 1  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Downward Hammerfist Round Kick  <u>Weapons for Leadership</u> Single Bahng Mahng Ee	<u>Forms</u> Songahm 5  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Palm Heel Side Kick  <u>Weapons for Leadership</u> Double Ssahng Jeol Bong	<u>Forms</u> Songahm 4  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Reverse Elbow Front Kick  <u>Weapons for Leadership</u> Double Bahng Mahng Ee	<u>Forms</u> Choong Jung 2  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Downward Hammerfist Round Kick  <u>Weapons for Leadership</u> Sshang Nats	<u>Forms</u> Choong Jung 1  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Palm Heel Side Kick  <u>Weapons for Leadership</u> Jahng Bong
<b>BLACK BELT</b> Recommended	<u>Forms</u> In Wha 2 Songahm 1  <u>Sparring</u> 2 - 1 Minute Rounds One Steps 1 and 2  <u>Boards for Leadership</u> Reverse Elbow Front Kick	<u>Forms</u> In Wha 1 Songahm 3  <u>Sparring</u> 2 - 1 Minute Rounds One Steps 1 and 2  <u>Boards for Leadership</u> Downward Hammerfist Round Kick	<u>Forms</u> Songahm 5 Songahm 2  <u>Sparring</u> 2 - 1 Minute Rounds One Steps 1 and 2  <u>Boards for Leadership</u> Palm Heel Side Kick	<u>Forms</u> Songahm 4 Songahm 1  <u>Sparring</u> 2 - 1 Minute Rounds One Steps 1 and 2  <u>Boards for Leadership</u> Reverse Elbow Front Kick	<u>Forms</u> Chong Jung 2 Songahm 3  <u>Sparring</u> 2 - 1 Minute Rounds One Steps 1 and 2  <u>Boards for Leadership</u> Downward Hammerfist Round Kick	<u>Forms</u> Choong Jung 1 Songahm 2  <u>Sparring</u> 2 - 1 Minute Rounds One Steps 1 and 2  <u>Boards for Leadership</u> Palm Heel Side Kick
<b>1ST DEGREE</b> <b>BLACK BELT</b>	<u>Forms and Flows</u> Shim Jun P.P.C.T Inside  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Front Kick Round Kick Side Kick	<u>Forms and Flows</u> Shim Jun Single Ssahng Jeol Bong  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Knifehand Jump Side Kick (Over 2 Obstacles)	<u>Forms and Flows</u> Shim Jun P.P.C.T Outside  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Punch Round Kick (Face) Side Kick (Middle)	<u>Forms and Flows</u> Shim Jun Single Bahng Mahng Ee  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Front Kick Round Kick Side Kick	<u>Forms and Flows</u> Shim Jun Ground Fighting  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Knifehand Jump Side Kick (Over 2 Obstacles)	<u>Forms and Flows</u> Shim Jun Oh Sung Do  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Punch Round Kick (Face) Side Kick (Middle)
<b>2ND DEGREE</b> <b>BLACK BELT</b>	<u>Forms and Flows</u> Jung Yul Parallel and Cross Grips  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Hammerfist Jump Axe Kick (Number 3 Kick)	<u>Forms and Flows</u> Jung Yul Double Ssahng Jeol Bong  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Backfist Side Kick - Round Kick (Continuous - Same Foot)	<u>Forms and Flows</u> Jung Yul Joint Locks  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Upset Hammerfist Jump Round Kick (Number 2 Kick)	<u>Forms and Flows</u> Jung Yul Double Bahng Mahng Ee  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Hammerfist Jump Axe Kick (Number 3 Kick)	<u>Forms and Flows</u> Jung Yul Ground Fighting  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Backfist Side Kick - Round Kick (Continuous - Same Foot)	<u>Forms and Flows</u> Jung Yul Ssahng Nat  <u>Sparring</u> 2 - 1 Minute Rounds  <u>Boards for Leadership</u> Upset Hammerfist Jump Round Kick (Number 2 Kick)