

# DONG KEUN PARK

## TaeKwonDo



## Curriculum

## YELLOW BELT

1. Must have command of proper TaeKwonDo Etiquette
2. Must memorize terminology sheet with basic Korean commands
3. Must know all basic kicks
4. Must know All front Stance Blocks
  - a. Lower Block
  - b. Outer Middle Block
  - c. Inner Middle Block
  - d. Rising Block
  - e. Knife Hand Attack
  - f. Double Knife Hand Block
  - g. Spear Hand Attack
5. Must Know All Back Stance Block
  - a. Outer Middle Block
  - b. Inner Middle Block
  - c. Neck Attack
  - d. Arm Pit Attack
  - e. Double Hammer Lower/Upper Blocks
  - f. Double Knife Hand Lower/Upper Blocks
6. Taeguek Forms
  - a. Taeguek IL Jul
  - b. Taeguek E Jul
7. Must have Confidence
8. Must have “Yes I Can” Attitude

## HIGH YELLOW BELT

1. All Spinning Kicks
2. All Skipping Kicks
3. Taeguek Forms
  - a. Taeguek Sam Jul
  - b. Taeguek IL Jang
4. Must Know 3 One Step Sparring
  - a. Defense against Middle Punch;  
Front stance, outer middle block, middle punch
  - b. Defense against High Punch;  
Front stance, rising block, then high punch
  - c. Defense against High Punch;  
Front stance, rising block, then punch to arm pit
5. Self Defense
  - a. Same Side Wrist Lock Escape
  - b. Opposite Side Wrist Lock Escape
6. Free Sparring
  - a. Combination of Kicks

## GREEN BELT

### 1. Taeguek Forms

- a. Taeguek E Jang
- b. Taeguek Sam Jang

### 2. One Step Sparring

- a. Defense against Middle Punch;

Outer middle block back stance. Then shift to front stance, knife hand block, and then middle punch

- b. Defense against Middle Punch;

Side step into a horse riding stance, inner middle block. Then 2 middle punches and one high punch

- c. Defense against High Punch;

Horse riding stance, Arm pit attack

### 3. Self Defense must know 6 wrist locks

- a. Same side
- b. Opposite side

### 4. Free Sparring

- a. Must use Side Stepping for attacking and defense
- b. Must use checking

### 5. Breaking Techniques

- a. Must break board with Front Kick

## HIGH GREEN BELT

### 1. Taeguek Forms

- a. Taeguek Sam Jang
- b. Taeguek Sa Jang

### 2. One Step Sparring

- a. Defense against Middle Punch;  
Outside crescent kick. Then front middle kick.
- b. Defense against Middle Punch;  
Inside crescent kick. Then round house kick.
- c. Defense against High Punch;  
Front stance, rising block and high punch at the same time.

### 3. Self Defense

- a. Double Wrist Locks
- b. Shoulder Grab

### 4. Free Sparring

- a. Must be able to trap opponents with back kicks
- b. Must be able to attack with skipping kicks

### 5. Breaking Techniques

- a. Must break board with Axe Kick

## BLUE BELT

### 1. Taeguek Forms

- a. Taeguek Sa Jang
- b. Taeguek Oh Jang

### 2. One Step Sparring

- a. Defense against High Punch;  
Front stance, armpit attack. Then front stance knife block, high punch.
- b. Defense against Middle Punch;  
Pivot, push block. Then grab wrist and side kick.
- c. Defense against Middle Punch;  
Side kick. Then round house kick

### 3. Self Defense

- a. Chock hold from front, single and double
- b. Hair Grab
- c. Bear hug from front
- d. Bear hug from behind

### 4. Free Sparring

- a. Must be able to trap with Spinning Hook Kicks
- b. Must be able to Double Kick Opponents

### 5. Breaking Techniques

- a. Must break board with Skipping Side Kick

## HIGH BLUE BELT

### 1. Taeguek Forms

- a. Taeguek Oh Jang
- b. Taeguek Yuk Jang

### 2. One Step Sparring

- a. Defense against High Punch;  
Horse riding stance, armpit attack. Then front stance knife block and high punch.
- b. Defense against High Punch;  
Drop to knee (almost), low punch. Then move foot in and middle punch. Then move leg in and high punch.
- c. Defense against High Punch;  
Front stance, rising block. Then neck attack.

### 3. Self Defense

- a. Chock hold from Behind
- b. Head Lock from the Front
- c. Head Lock from Behind

### 4. Free Sparring

- a. Attacking using Side Stepping without backing up
- b. Counter Attack using Side Step Skipping roundhouse kick against back kick

### 5. Breaking Techniques

- a. Must break board with Back Kick

## RED BELT

1. Thirty Knuckle Push ups
  
2. Taeguek Forms
  - a. Taeguek Yuk Jang
  - b. Taeguek Chil Jang
  
3. One Step Sparring
  - a. Defense against Middle Punch;  
Double knife hand block. Then side step and roundhouse kick.
  
  - b. Defense against High Punch;  
Front stance, rising block and simultaneous neck attack. Then nature stance and neck attack.
  
  - c. Defense against Middle Punch;  
Inside crescent kick, then spinning side kick.
  
4. Free Sparring
  - a. Must use all techniques with Proficiency
  
5. Must Assist 2 classes per week
  
6. Must Lead 2 classes per month
  
6. Must be a Humble Leader
  
7. Breaking Techniques
  - a. Must break board with Reverse Punch
  - b. Must break board with Spinning Hook Kick



## HIGH RED BELT

1. Fifty Knuckle Push ups
  
2. Taeguek Forms
  - a. Taeguek Chil Jang
  - b. Taeguek Pal Jang
  
3. Self Defense
  - a. Defense against High Punch;  
Front kick to groin, then front kick to arm pit (double kick).
  
  - b. Defense against Middle Punch;  
Side step horse riding stance, inner knife hand block. Then two middle punches. Then grab wrist and high punch.
  
  - c. Defense against Middle Punch;  
Outer middle block (to inside of body). Sliding middle punch.
  
4. Free Sparring
  - a. Must be able to Comprehend Techniques
  
5. Must Lead Class 2 times per week
  
6. Must Inspire Others
  
7. Must Teach Others by Example
  
8. Breaking Techniques
  - a. Speed break with Opposite hand

## 1<sup>ST</sup> DAN BLACK BELT

1. 100 Knuckle Push ups
2. 1<sup>st</sup> Dan Black Belt Form
  - a. All 8 Taeguek Forms
  - b. Koryo
3. One Step Sparring
  - a. Defense against Middle Punch;  
Side step, then push kick to back of knee. Then spinning side or Hook kick.
  - b. Defense against Middle Punch  
Inner middle block, back stance. Then spin and elbow attack followed by back fist to face.
  - c. Defense against Middle Punch  
Inner middle block, back stance. Then sliding elbow attack. Then high back fist. Then middle punch.
  - d. Defense against High Punch  
Front stance, rising block. Then elbow to ribs while stepping through. Then twist in with another elbow attack to ribs.
4. Self Defense
  - a. Must do 5 Spontaneous
5. Free Sparring
  - a. Must be able to Teach Others
6. Must have Confidence in Yourself
7. Must have Humility towards others
8. Must have Respect towards others
9. Protect and Educate All Juniors
10. Always Growing
11. Must write history of TaeKwonDo
12. Must write history of Kwan Jang Nim

## 2<sup>nd</sup> DAN BLACK BELT

1. All the above
2. Lead White belt Class
3. Palgue Forms
  - a. Palgue IL Jang
  - b. Palgue E Jang
  - c. Palgue Sam Jang
4. Black Belt Forms
  - a. Koryo
  - b. Guemgang
5. One Step Sparring
  - a. Defense against Middle Punch;  
Outer middle block (to outside of body). Sliding middle punch.
  - b. Defense against High Punch;  
Side step and sweep front leg.
  - c. Defense against High Punch;  
Double knife hand block. Turn around, elbow break on shoulder. Then turn into front stance, wrist break.
  - d. Defense against High Punch;  
Step to side in front stance and knife attack to ribs. Then spin into front stance, another knife hand attack to ribs. Then round house kick to ribs.
  - e. Defense against Middle Punch;  
Double knife hand block, back stance. Then spin into front stance and lock wrist.
6. Self Defense
  - a. Must be able to grow with New Situations
7. Free Sparring
  - a. Must Spar with 2 Black Belts
8. Breaking Techniques
  - a. Break cement slab with Skipping Side Kick

## 3<sup>rd</sup> DAN BLACK BELT

1. All the Above
2. Lead Advanced Class
3. Palgue Forms
  - a. Palgue Sa Jang
  - b. Palgue Oh Jang
  - c. Palgue Yuk Jang
4. Black Belt Forms
  - a. Koryo
  - b. Guemgang
  - c. Taebaek
5. One Step Sparring
  - a. Defense against High Punch;  
Front stance, rising block. Then step in and circular shoulder lock. Then knee attack.
  - b. Defense against High Punch;  
Front stance to side, knee grab. Then round house kick.
  - c. Defense against High Punch;  
Knife hand grab, back stance. Step in, groin grab. Then throw.
  - d. Defense against High Punch;  
Front stance, rising block. Then step in with an elbow attack. Then sweep arm and another elbow attack. Then pivot and sweep. Then punch.
6. Self Defense
  - a. Must be able to Teach
7. Free Sparring
  - a. Must be able to Teach
8. Breaking Techniques
  - a. Spinning Back Kick Cement break

## 4<sup>th</sup> DAN BLACK BELT

1. All the Above.
2. Palgue Forms
  - a. Palgue Chil Jang
  - b. Palgue Pal Jang
3. Black Belt Forms
  - a. Pyong Won
  - b. Sip Jin
4. One Step Sparring
  - a. All 35
5. Self Defense
  - a. 20 Spontaneous
6. Free Sparring
  - a. 3 Black Belts
7. Breaking Techniques
  - a. Red Brick Break with Knife Hand Attack