

• UMS Taekwondo

Color belt technique

(Adult & Teens & 7&up student)

Note: Teens & Children are only number 2 for One step and Kicking technique

No belt go to White belt

1. MEMORIZATION : How to Count ten Korean

1 – Ha na, 2 – Dool, 3 – Set, 4 – Net, 5 – Da sut, 6 – Yu sut,
7 – IL gob, 8 – Yu dol, 9 – Ah hop, 10 – Yol

* Adult code : Courtesy – Ye eui

* Children's Home Rule #1 : Tae Kwon Do students must respect their parents and other family members, Sir.

2. Technique :

- Taekwondo Courtesy

1- Put shoes in the shoe rack,

2- Find attendance card,

3- Salute to the flags

- How to Taekwondo sitting, Jung choa position (how to sit on knee)

- How to bow the Masters & Instructors & Teacher

- Basic hand tech #1, Kicking combination #1, Basic movement,

- Kicking technique, One step sparring, - Front snap kick, Ax kick

* One step sparring:

Attacker : Step back Right Leg with long stance and after defender shouting – Step up right leg long stance with middle punch

Defender: Same as attacker

* Kicking Tech:

#1 – 3 times Front snap kick (R,L,R) and kicking stance

#2 – 3 times Round house kick (R,L,R) and kicking stance

* Breaking Tech : Hammer Fist

3. Strength Test : Push up 10 times, Sit up 1 times

4. Sparring : Promise sparring (three kicks and three step back)

White belt go to Yellow

1. **MEMORIZATION** : Master Instructor - Sa bum nim,
 - * Adult's Code : Perseverance – Guen ki,
 - * Children's Home Rule #1
 - * Children's Home Rule #2 : Tae Kwon Do Students show greet their parents when they enter the home talk to them before they leave. Sir
2. **Technique** :
 - Belt tie method (How to tie belt), How to do promise sparring
 - Basic hand tech #2, Kicking combination #2,
Walk stance, Long stance, High block, Round house kick
 - * **Form – Ki bon ha na,**
 - * **One step sparring:** #1 – Kicking stance, Front snap kick(L) and Round house kick ® & Kicking stance
#2 – Kicking stance and Front snap kick ®, and Round house kick (L) and Kicking stance
 - * **Kicking Tech:** #1 – Front snap kick (R,L) and skip front snap kick (L)
#2 – Round house kick (R,L) and skip round house kick(L)
 - * **Breaking Tech : Neck chop**
3. **Strength Test** : Push up 15 times, Sit up 15 times
4. **Sparring** : Promise sparring

Yellow belt go to Orange

1. **MEMORIZATION** : Kyoung rea – Bow, Dojang – Martial Arts School
 - * Adult's Code : Integrity – Youm chi
 - * Children's Home Rule #1,2 :
 - * Children's Home Rule #3 : Tae Kwon Do Students must be honest at all times. Sir,
2. **Technique** : Basic hand tech #2, Back stands, Reverse punch, Ax kick
 - * **Form – Ki bon Dool,**
 - * **One step sparring:** #1 – Step up Right Leg with long stance, In block Right hand and middle punch Left hand
#2 – Step up left leg with long stance with right hand out block, middle punch left hand
 - * **Kicking Tech:** #1 – Front snap kick ®, switch leg, two round house kick (R,L)
#2 – Front snap kick®, round house kick(L), switch leg and side kick (L)
 - * **Breaking Tech : Ax Kick**
3. **Strength Test** : Push up 20 times, Sit up 20 times
4. **Sparring** : Promise Sparring

Orange belt go to Green

- 1. MEMORIZATION :** Bow to the Master – Sa Bum nim ke Kyoung Rea
 - * Adult's Code : Indomitable spirit – Baek jool bool gool,
 - * Children's Home Rule #1, 2, 3 :
 - * Children's Home Rule #4 : Tae Kwon Do Students will maintain a good relationship with their brothers and sisters, Sir.
- 2. TECHNIQUE :** Basic hand tech 3, Out block, In block, Side kick
 - * **Form – Ki bon Set,**
 - * **One step sparring:**
Defender: #1 – Step up long stance (R-leg) with Neck chop (R-H) with Out block (L-H), and Step back to next left leg and out side neck chop to opponent neck (R-H)
#2 – Step up long stance (L), out block (R-H), and round house kick (R –leg)
 - * **Kicking Tech:** #1 – Ax kick®, switch round house kick(L) and ax kick®
#2 – Ax kick®, side kick(L), switch side kick(L)
 - * **Breaking Tech : Side Kick**
3. Strength Test : Push up 20 times, Sit up 20 times
4. Sparring : Free sparring

*Green belt go to Purple *

- 1. MEMORIZATION :** Bow to the flag – Kuk ki ye dae ha yo kyoung rea
 - * Adult's Code : Courtesy – Ye eui
 - * Children's Home Rule #1, 2, 3, 4 :
 - * Children's Home Rule #5 :
Tae Kwon Do Students will share household responsibilities, Sir.
- 2. TECHNIQUE :** Knife hand block, double knife hand block, Back kick
 - * **Form – Tae Kuek sam jang ½ ,**
 - * **One step sparring:**
#1 – Step up (R-Leg) long stance with Out block(L-H), Neck chop(R-H) with grab neck with left knee kick to solar plexus, and put down left leg with left elbow attack his back
#2 – left step up with long stance with out block(R-Hand) with grab wrist and punch to ribs (L-Hand), and round house kick® to stomach and side kick knee. (R-Leg)
 - * **Kicking Tech:** #1 – 2 round house kick (R,L) and skip side kick (L)
#2 – Skip round house kick(L), and 2 Back kick (R,L)
 - * **Breaking Tech : Back Kick**
3. Strength Test : Push up 25 times, Sit up 25 times
4. Sparring : Free sparring

Purple belt go to Blue

- 1. MEMORIZATION :** Uniform – Do Bok, Martial Arts Studio – Do Jang,
 - * Adult's Code : Pyoung Sang Sim – Always peaceful mind
 - * Children's Home Rule #1, 2, 3, 4, 5 :
 - * Children's Home Rule #6: Tae Kwon Do Students must keep their own room neat and clean, Sir.
- 2. Technique :** * **Form – Tae Kuek sam jang all,**
 - * **One step sparring:**
 - #1 – step up long stance ®, Out block (L-Hand) with punch to stomach (R.Hand), Elbow attack to opponent chin (L-hand)
 - #2 – step up long stance ®, Out block (L-H) with punch to stomach (R.H) and lean back with round house kick (R- Leg) and left elbow attack to opponent face and right elbow attack to chin.
 - * **Kicking Tech:** #1 – Ax kick and round house kick ®, and turning round house kick® and back kick (L)
 - #2 – switch round house kick® and back kick (L), ax kick®
 - * **Breaking Tech : Turning Ax kick**
3. Strength Test : Push up 30 times, Sit up 30 times
4. Sparring : Free sparring

Blue belt go to Super Blue

- 1. MEMORIZATION :** Kicking – Bal cha ki
 - * Adult's Code : In Nae Sim – Be patience
 - * Children's Home Rule #1, 2, 3, 4, 5, 6, :
 - * Children's Home Rule #7: Tae Kwon Do Students must keep their body clean every day, Sir.
- 2. Technique :** Skip kicking, Hook kick, Advance Sparring Skills
 - * **Form – Tae Kuek sa jang ½ ,**
 - * **One step sparring:** #1 – skip back kicking stance and step up (R-Leg) with in block (R-H) and back kick (L), skip round house kick(L)
 - #2 – Skip back kicking stance and in side crescent kick to block opponent hand (R-Leg), and back kick (L), and skip hook kick(L)
 - * **Kicking Tech:** #1 – Round house kick ®, and switch leg skip hook kick (L)
 - #2 – 2 round house kick (R,L) and back hook kick ®
 - * **Breaking Tech : Straight Punch**
3. Strength Test : Push up 30 times, Sit up 30 times
4. Sparring : Free sparring

Super Blue belt go to Brown

1. MEMORIZATION : Straight Punch – Jung Kwo

* Adult's Code : Ae Kuk Sim – Respect our Country

* Children's home rule # 1-7

* Children's home rule # 8: TKD Students will not interrupt during a conversation they will listen to others and take turns, Sir!!

2. Technique : Back hook kick, Spear finger, Neck chop

* Form – Tae Kuek sa jang all ,

* One step sparring:

#1 – Left leg step back with back stance with palm block(R-H) to opponent punch, and back hook kick(L-Leg), and skip side kick ®

#2 – Left leg step back with back stance with palm block(R-H) to opponent punch and tornado kick®, skip ax kick ®.

* Kicking Tech:#1 – Round house kick®, tornado kick®, back kick(L)

#2 – Round house kick ®, tornado kick®, switch leg, back hook kick(R)

* Breaking Tech : Back hook kick

3. Strength Test : Push up 35 times, Sit up 35 times

4. Sparring : Free sparring

Brown go to Super Brown

1. MEMORIZATION : Back hook kick – Dui dol yo cha ki,

* Adult's Code : Ban Bok Youn Seup – Repeat Training

* Children's Home Rule #1, 2, 3, 4, 5, 6, 7, 8 :

* Children's Home Rule #9 : Tae Kwon Do Students will study well both at school and home, Sir.

2. Technique : Tornado kick, Back stands out block and In block

* Form – Tae Kuek Ou jang ½

* One step sparring: #1 – Skip back with kicking stance and skip round house kick middle and high(L), and back kick ®.

#2 – Skip back with kicking stance and skip side kick middle and high kick(L) and skip hook kick (L)

* Kicking Tech:

#1 – Double Round house kick (R,L), Back hook kick®, round house kick®, and back kick (L).

#2 – Skip double round house kick(L,R), and skip ax kick(R), back Kick(L).

* Breaking Tech : Tornado kick

3. Strength Test : Push up 30 times, Sit up 30 times

4. Sparring : Free sparring

Super Brown belt go Red

- 1. MEMORIZATION :** Round House Kick – Ap Dolyo Cha Ki
 - * Adult's Code : Myoung Sang – Meditation
 - * Children's Home Rule #1, 2, 3, 4, 5, 6, 7, 8, 9 :
 - * Children's Home Rule # 10 : Tae Kwon Do Students must show respect for all people, Sir.
- 2. Technique :** Elbow attack, Tiger mouth, Diamond stance
 - * **Form – Tae Kuek Ou jang all ,**
 - * **One step sparring:** #1 – Skip back with Kicking stance and Skip round house kick (L), and Back hook kick ®.
 - #2 – Skip back kicking stance and skip up behind opponent and hold both shoulder with both hand, and Knee kick to opponent back ®, skip back and back kick®.
- * **Kicking Tech:**
 - #1 – Side kick middle high ®, and back kick(L), and step up back kick (L)
 - #2 – Round house kick middle high ®, and back hook kick(L), and step up (L-leg), and back hook kick ®.
- * **Breaking Tech : Skip Hook kick**
3. Strength Test : Push up 30 times, Sit up 30 times
4. Sparring : Free sparring

Red belt go to Super Red

- 1. MEMORIZATION :** Back Kick – Dui Cha Ki
 - * Adult's Code : Jip Joong Ryouk – Focus with mind and body
 - * Children's Home Rule #1 - 10 :
 - * **Students creed ½ :** I will practice in the SPIRIT of Martial Arts, with COURTESY for my fellow students, LOYALTY for my Instructors and our country, and RESPECT for my parents and all people, Sir
- 2. Technique :** Kicking with back step, Palm block, Running jump side kick
 - * **Form – Tae Kuek Yook jang ½,**
 - * **One step sparring:**
 - #1 – Skip back kicking stance and back hook kick®, round house kick®, Back hook kick(L).
 - #2 – Skip back kicking stance and back hook kick®, and Back kick® and skip side kick ®.
- * **Kicking Tech:**#1 – Skip front kick and holding and round house kick(L), Round house kick middle high ®, and back kick(L).
- #2 – Hook kick and holding and round house kick®, and back kick(L), and tornado kick(L)
- * **Breaking Tech : Running Jump side kick**
3. Strength Test : Push up 30 times, Sit up 30 times
4. Sparring : Free sparring

Super Red go to Semi Black

1. **MEMORIZATION** : Back Hook Kick – Dui Dolyo Cha Ki,

* Adult's Code : Cho Ji Il kwan – To finish what I have started and reach my goal.

* Children's Home Rule #1 - 10 :

*** Students creed all (adults, teens, children) :**

I will practice in the **spirit** of Martial Arts, with **Courtesy** for my fellow students, **loyalty** for my Instructors and our country, and **respect** for my parents and all people,

I shall live with **perseverance** in the **spirit** of Martial Arts, having **honor** for others, **integrity** with myself, **self-control** in my actions, and an **indomitable** spirit to finish what I have started, to reach my goals and set new ones, Sir.

2. **Technique** : All movement and Stance, all kicks

* Form – Tae Kuek Yook jang all,

* Black belt One step sparring – #1 - 5

*** Kicking technique**

Make own 5 different combination kicks

*** Breaking Tech : 5 boards**

(Judge will order 5 different technique)

3. **Strength Test** : Push up 40 times, Sit up 40 times

4. **Sparring** : Free sparring

MARTIAL ARTS