

Chung Do Kwan Tae Kwon Do Color Belt Testing Syllabus

When utilizing this document please keep in mind anything you have learned while training may come up in an exam. Be prepared to demonstrate all/any techniques or ideas that have been taught to you in classes. Tae Kwon Do learning is accumulative, you must be prepared to demonstrate all previous rank technique at a skill level appropriate for you current rank.

White Belt

Basics:

English

Down Block Moving Middle Punch

High Block

Twin Fists

Knife Hand Strike Reverse Middle Punch

Front Stretch

Front Kick

Side Kick

Side Stretch

Korean

(Choong Dan Juhn Jin)

(Sahng Dan Mahk Gee)

(Sahng Juh Mohk)

(Yoek Jin)

(Ahp Bahl Lopi Oru Gee)

(Ahp Cha Gee)

(Yohep Cha Gee)

(Yohep Bahl Lopi Oru Gee)

Forms: Tae Kuk Chodan

Sparring: One Step Sparring

Yellow Belt

Membership Oath:

Recite The Membership Oath From Memory

Basics:

NOTE: All Basics Will Presented To Candidate In Korean From Yellow Belt Forward, Any Basic From Previous Ranks May Be Asked To Be Demonstrated During Exam

English

High Block Reverse Middle Punch

Knife Hand Block

Front Kick Side Kick Combination

Korean

(Sahng Dan Mahk Gee Choong Dan Juhl Gee)

(Soo Doh Mahk Gee)

(Ahp Cha Gee, Yohep Cha Gee)

Forms: Tae Kuk Cho Dan, Tae Kuk E Dan, Kuk Mu Cho Dan

Sparring: One Step Sparring

Testing Syllabus (cont)

Green Belt

Membership Oath:

Recite The Membership Oath From Memory; Explain What the Membership Oath Means

Basics:

NOTE: All Basics Will Presented To Candidate In Korean From Yellow Belt Forward, Any Basic From Previous Ranks May Be Asked To Be Demonstrated During Exam

English

Korean

Jumping Front Kick

(E Dan Ahp Cha Gee)

Inside Forearm Block

(Ahn Pahng Mahk Gee)

Round House Kick

(Dolyer Cha Gee)

Forms: Tae Kuk Sam Dan, Kuk Mu E Dan, Pyong Ahn Cho Dan

Note: Be Prepared To Demonstrate Any Forms From Previous Ranks

Sparring: One Step Sparring

Purple Belt

Membership Oath:

Recite The Membership Oath From Memory; Explain What the Membership Oath Means

Basics:

NOTE: All Basics Will Presented To Candidate In Korean From Yellow Belt Forward, Any Basic From Previous Ranks May Be Asked To Be Demonstrated During Exam

English

Korean

Inside Forearm Block Back Fist

(Ahn Pahng Mahk Gee Toong Juh Mohk)

Front Kick, Side Kick, Spin Kick

(Ahp Cha Gee, Yo hp Cha Gee, Dwi Cha Gee)

Twin Fist, Down Block, High Punch

(Sahng Juh Mohk, Hah Don Mahk Gee, Choong Dan Juhl Gee)

Foot Block Side Kick

(Bahl Mahk Gee)

Forms: Pyong Ahn E Dan, Pyong Ahn Sam Dan, Kuk Mu Sam Dan

Note: Be Prepared To Demonstrate Any Forms From Previous Ranks

Sparring: Free Sparring

Testing Syllabus (cont)

Low Brown Belt

Forms:

Pyong Ahn Sah Dan

Kuk Mu Sah Dan

Be Prepared To Demonstrate Any Forms From Previous Ranks

Sparring: Free Sparring

High Brown Belt

Forms: All 14 Forms

Tae Kuk Cho Dan

Tae Kuk E Dan

Tae Kuk Sam Dan

Kuk Mu Cho Dan

Kuk Mu E Dan

Kuk Mu Sam Dan

Kuk Mu Sah Dan

Kuk Mu O Dan

Pyong Ahn Cho Dan

Pyong Ahn E Dan

Pyong Ahn Sam Dan

Pyong Ahn Sah Dan

Pyong Ahn O Dan

Chulgee Cho Dan

Membership Oath:

1. We as members train our spirits and bodies according to the strict code.
2. We as members are united in mutual friendship.
3. We as members will comply with regulations and obey instructors.