



# US TAE KWON DO CENTER MASTER CURRICULUM

**BY GRANDMASTER KYUNG WON KIM**

	BASIC MOTION	STANCE	KICKS	SABANG CHUK	POOMSAE (FORM)	ONE STEP SPARRING	WEAPON	KNOWLEDGE	TECHNICAL BREAKING	POWER BREAKING	ASSISTANCE CLASS	
<b>3<sup>RD</sup> BLACK</b> ★ ★ ★	1 – 100	COMBINATION	COMBINATION	NO. 17 & 12	TAEBAK,KUMGANG, KORYU & TAEKUK 1 ~ 8	FREE STYLE	JIN GUM	5 MIN SPEECH ABOUT TKD	POWER BREAKING STONE ONLY		100 CLASSES	<b>3<sup>RD</sup> BLACK</b> ★ ★ ★
<b>3<sup>RD</sup> BLACK</b> ★ ★ ★	1 – 100	COMBINATION	COMBINATION	NO. 17 & 11	TAEBAK,KUMGANG, KORYU & TAEKUK 7, 8	FREE STYLE	JIN GUM	5 MIN SPEECH ABOUT TKD	POWER BREAKING STONE ONLY		100 CLASSES	<b>3<sup>RD</sup> BLACK</b> ★ ★ ★
<b>3<sup>RD</sup> BLACK</b> ★	1 - 90	COMBINATION	COMBINATION	NO. 16 & 10	TAEBAK,KUMGANG, KORYU & TAEKUK 5, 6	FREE STYLE	JIN GUM	3 MIN SPEECH ABOUT TKD	POWER BREAKING KIWA ONLY		100 CLASSES	<b>3<sup>RD</sup> BLACK</b> ★
<b>3<sup>RD</sup> BLACK</b>	1 – 90	COMBINATION	COMBINATION	NO. 16 & 9	TAEBAK,KUMGANG, KORYU & TAEKUK 3, 4	FREE STYLE	JIN GUM	3 MIN SPEECH ABOUT TKD	POWER BREAKING KIWA ONLY		100 CLASSES	<b>3<sup>RD</sup> BLACK</b>
<b>2<sup>ND</sup> BLACK</b> ★ ★ ★	1 – 80	COMBINATION	JUMP SPIN BACK	NO. 15 & 8	KUMGANG, KORYU & TAEKUK 1 ~ 8	FREE STYLE	CHUK DO	2 MIN SPEECH ABOUT TKD	SPIN ROUNDHOUSE 5 CONTINUE	BACK KICK	70 CLASSES	<b>2<sup>ND</sup> BLACK</b> ★ ★ ★
<b>2<sup>ND</sup> BLACK</b> ★ ★	1 – 80	COMBINATION	2 SPIN HOOK	NO. 15 & 7	KUMGANG, KORYU & TAEKUK 7, 8	FREE STYLE	CHUK DO	2 MIN SPEECH ABOUT TKD	SPIN ROUND HOUSE 3 CONTINUE	KNIFE HAND	70 CLASSES	<b>2<sup>ND</sup> BLACK</b> ★ ★
<b>2<sup>ND</sup> BLACK</b> ★	1 – 80	COMBINATION	JUMP HOOK	NO. 14 & 6	KUMGANG, KORYU & TAEKUK 5, 6	FREE STYLE	CHUK DO	2 MIN SPEECH ABOUT TKD	SPIN HOOK KICK 10 CONTINUE	KNIFE HAND	60 CLASSES	<b>2<sup>ND</sup> BLACK</b> ★
<b>2<sup>ND</sup> BLACK</b>	1 – 80	COMBINATION	SCISSORS KICK	NO. 14 & 5	KUMGANG, KORYU & TAEKUK 3, 4	FREE STYLE	CHUK DO	2 MIN SPEECH ABOUT TKD	SPIN HOOK KICK 5 CONTINUE	ELBOW STRIKE	60 CLASSES	<b>2<sup>ND</sup> BLACK</b>
<b>1<sup>ST</sup> BLACK</b> ★ ★ ★	1 – 70	COMBINATION	FLYING SIDE & PUNCH	NO. 13 & 4	KORYU & TAE KUK 1 ~ 8	FREE STYLE	JANG BONG	1 MIN SPEECH ABOUT TKD	TWO KICKS IN THE AIR	ELBOW STRIKE	50 CLASSES	<b>1<sup>ST</sup> BLACK</b> ★ ★ ★
<b>1<sup>ST</sup> BLACK</b> ★ ★	1 – 70	COMBINATION	JUMP ROUND	NO. 13 & 3	KORYU & TAE KUK 7, 8	FREE STYLE	JANG BONG	1 MIN SPEECH ABOUT TKD	FRONT KICKS 5 CONTINUE	STRAIGHT PUNCH	50 CLASSES	<b>1<sup>ST</sup> BLACK</b> ★ ★
<b>1<sup>ST</sup> BLACK</b> ★	1 – 70	COMBINATION	JUMP BACK	NO. 12 & 2	KORYU & TAE KUK 5, 6	FREE STYLE	JANG BONG	1 MIN SPEECH ABOUT TKD	KNIFE HAND 5 CONTINUE	STRAIGHT PUNCH	50 CLASSES	<b>1<sup>ST</sup> BLACK</b> ★
<b>1<sup>ST</sup> BLACK</b>	1 – 70	COMBINATION	DOUBLE ROUND	NO.12 & 1	KORYU & TAE KUK 3, 4	FREE STYLE	JANG BONG	1 MIN SPEECH ABOUT TKD	PUNCH 5 CONTINUE	HAMMER FIST	50 CLASSES	<b>1<sup>ST</sup> BLACK</b>
<b>DEPUTY BLACK</b>	1 - 60	OGUM	SPIN ROUND	NO. 11	TAE KUK 1 ~ 8 JANG	FREE STYLE	2 NUNCHUKS	1 MIN SPEECH ABOUT TKD	CH : SPIN ROUND HOUSE AD : SPIN ROUND HOUSE	HAMMER FIST	20 CLASSES	<b>DEPUTY BLACK</b>
<b>HIGH BROWN</b>	1 – 60	SWAN	JUMP FRONT	NO. 10	TAE KUK 8 JANG	NO. 28, 29, 30	2 NUNCHUKS	OPEN QUESTION	CH : SPIN HOOK KICK AD : SPIN HOOK KICK	NONE	NONE	<b>HIGH BROWN</b>
<b>BROWN</b>	1 – 50	TIGER	SPIN HOOK	NO.9	TAE KUK 7 JANG	NO. 25, 26, 27	2 NUNCHUKS	OPEN QUESTION	CH : BACK KICK AD : JUMP BACK KICK	NONE	NONE	<b>BROWN</b>
<b>HIGH RED</b>	1 – 50	MODUM	SKIP HOOK	NO. 8	TAE KUK 6 JANG	NO. 22, 23, 24	NUNCHUK	OPEN QUESTION	CH : SKIP SIDE KICK AD : SKIP HOOK KICK	NONE	NONE	<b>HIGH RED</b>
<b>RED</b>	1 – 40	TWIST	SKIP SIDE	NO. 7	TAE KUK 5 JANG	NO. 19, 20, 21	NUNCHUK	PHILOSOPHY OF TKD	CH : JUMP FRONT KICK AD : BACK KICK	NONE	NONE	<b>RED</b>
<b>PURPLE</b>	1 – 40	BACK	SIDE	NO. 6	TAE KUK 4 JANG	NO. 16, 17, 18	NUNCHUK	HISTORY OF TKD	CH : KNIFE HAND AD : KNIFE HAND	NONE	NONE	<b>PURPLE</b>
<b>BLUE</b>	1 – 30	BACK	AXE	NO. 5	TAE KUK 3 JANG	NO. 13, 14, 15	NUNCHUK	HOME RULES	CH : AX KICK AD : SKIP SIDE KICK	NONE	NONE	<b>BLUE</b>
<b>GREEN</b>	1 – 30	FORWARD	SKIP FRONT	NO. 4	TAE KUK 2 JANG	NO. 10, 11, 12	NONE	T K D SCHOOL RULES & REGULATION	CH : FRONT KICK AD : ROUND H. KICK	NONE	NONE	<b>GREEN</b>
<b>ORANGE</b>	1 – 20	FORWARD	BACK	NO. 3	TAE KUK 1 JANG	NO. 7, 8, 9	NONE	11 COMMANDMENT OF TKD	CH : FLY SIDE KICK AD : FRONT KICK	NONE	NONE	<b>ORANGE</b>
<b>YELLOW</b>	1 – 20	READY, WALKING	ROUND HOUSE	NO. 2	KIBON 2	NO. 4, 5, 6	NONE	STUDENTS CREED	CH : ELBOW STRIKE AD : ELBOW STRIKE	NONE	NONE	<b>YELLOW</b>
<b>WHITE</b>	1 – 10	CHARYUT, HORSE RIDING	FRONT	NO. 1	KIBON 1	NO. 1, 2, 3	NONE	CHARYUT, 5 AIM, COUNT 10	CH : HAMMER FIST AD : BASIC PUNCH	NONE	NONE	<b>WHITE</b>