



Dragon Spirit Martial Arts

Student Handbook

Dear Taekwondo Family,

Welcome to Dragon Spirit Martial Arts, where the spirit of Taekwondo thrives, and excellence is cultivated. It is our pleasure to extend a warm greeting to each student, both new and returning, as you embark on a journey of self-discovery, discipline, and martial arts mastery.

Taekwondo, the ancient Korean martial art, is not just a physical endeavor; it is a holistic pursuit that encompasses the mind, body, and spirit. At Dragon Spirit Martial Arts, we are dedicated to fostering an environment where each student can explore and develop their full potential. Our mission is not only to teach the techniques of Taekwondo but also to instill the values of courtesy, integrity, perseverance, self-control, and indomitable spirit.

This handbook serves as your guide to the principles, practices, and expectations that define our Taekwondo community. Whether you are a novice white belt or an experienced black belt, the information contained herein is designed to enhance your understanding of Taekwondo, provide clarity on our school's policies, and support your growth as a martial artist.

As you navigate through these pages, we encourage you to absorb not only the technical aspects of Taekwondo but also its rich history and philosophy. Embrace the challenges that come with training, for it is through dedication and perseverance that true martial artists are forged.

Thank you for choosing Dragon Spirit Martial Arts as your martial arts home. We are honored to guide you on your Taekwondo journey and look forward to witnessing your progress and achievements.

With respect and excitement,

Thomas Werner

Master Instructor

Dragon Spirit Martial Arts

OVERVIEW OF TAEKWONDO AS A MARTIAL ART:

Taekwondo, translated as the "art of hand and foot," is a traditional Korean martial art renowned for its dynamic kicks, fluid movements, and philosophical foundations. Rooted in a history spanning over a millennium, Taekwondo has evolved into a globally practiced discipline that goes beyond physical prowess, emphasizing mental discipline, ethical conduct, and the pursuit of harmony.

HISTORICAL ROOTS:

Taekwondo traces its origins to ancient Korean martial arts, with influences from indigenous fighting styles and Chinese martial arts. The earliest forms of Korean martial arts, known as Hwa Rang Do, laid the groundwork for the development of Taekwondo. However, the modern iteration of Taekwondo emerged in the mid-20th century as a standardized martial art.

PHILOSOPHICAL FOUNDATIONS:

At its core, Taekwondo is not merely a system of physical combat but a way of life. It is guided by a set of ethical principles known as the Five Tenets: courtesy (Ye Ui), integrity (Yom Chi), perseverance (In Nae), self-control (Guk Gi), and indomitable spirit (Baekjool Boolgool). These tenets serve as a moral compass, shaping the character of practitioners both inside and outside the dojang (training hall).

PHYSICAL TECHNIQUES:

Taekwondo is characterized by its dynamic and powerful kicks, often executed with high and precise movements. Hand techniques, blocks, strikes, and various forms of self-defense are also integral components. The combination of these elements creates a versatile and effective martial art that promotes agility, strength, and flexibility.

BELT SYSTEM:

The belt system is a visual representation of a practitioner's skill level and progress within Taekwondo. Beginning with the white belt and progressing through various colors, the journey culminates in achieving the coveted black belt, symbolizing not just technical proficiency but also a deeper understanding of Taekwondo's philosophy and values.

COMPETITION AND SPARRING:

Taekwondo is a sport as well as a martial art, with a global presence in competitions ranging from local tournaments to the Olympic Games. Olympic-style sparring, where athletes score points through controlled kicks and punches, showcases the strategic and athletic aspects of Taekwondo.

CONTINUOUS LEARNING:

One of the enduring qualities of Taekwondo is its emphasis on lifelong learning. Practitioners are encouraged to approach each training session with an open mind, embracing challenges as opportunities for growth. The journey in Taekwondo is a continual evolution, fostering not only physical skill but also mental fortitude and personal development.

TENANTS OF TAEKWONDO

Courtesy - Integrity - Self Control - Perseverance - Indomitable Spirit

"I WILL DEVELOP MYSELF IN A POSITIVE MANNER, AND AVOID ANYTHING THAT WILL REDUCE MY MENTAL GROWTH AND PHYSICAL HEALTH"

STUDENT CREED

- I will develop myself in a positive manner and strive for personal excellence.
- I will cultivate discipline, respect, and integrity in all aspects of my life.
- I will show courtesy and respect to my instructors, fellow students, and all others.
- I will be humble and open-minded, willing to learn from others and accept constructive criticism.
- I will maintain a strong work ethic and persevere through challenges and setbacks.
- I will uphold the principles of fairness, sportsmanship, and ethical conduct in training and competition.
- I will use my martial arts skills for self-defense and to protect the weak and vulnerable.
- I will strive for mental and physical balance, promoting health and well-being.
- I will practice self-control and avoid using my skills to cause harm or engage in violence outside of self-defense.
- I will respect the traditions and history of my martial arts discipline and strive to preserve its integrity.

MEMBERS OATH

- We will train our spirits and bodies according to the strict codes of etiquette.
- We are united in mutual friendship.
- We will comply with regulations and obey the instructors.

GOALS OF TAEKWONDO

- To achieve a concentration of power
- To realize one's own true nature (this is the real meaning of enlightenment)

- To achieve the realization of the truth of enlightenment in everyday life

TENANTS OF TAEKWONDO

Taekwondo, a Korean martial art, is built on five fundamental tenets, often referred to as the "Five Tenets of Taekwondo" or the "Five Principles of Taekwondo." These tenets emphasize the ethical and moral aspects of martial arts, guiding practitioners to develop not only physical skills but also a strong character. The five tenets are:

COURTESY (YE-UI/예의)

Definition: Courtesy in Taekwondo involves showing politeness, respect, and consideration towards others. Practitioners are encouraged to display good manners both inside and outside the training environment. This tenet emphasizes the importance of fostering a positive and respectful attitude towards instructors, fellow students, and the broader community.

INTEGRITY (YOM-CHI/염치)

Definition: Integrity is the quality of being honest and having strong moral principles. In Taekwondo, practitioners are expected to uphold a sense of integrity by being truthful, honorable, and maintaining a high standard of ethics. This tenet emphasizes the importance of doing what is right, even when faced with challenges or temptations.

PERSEVERANCE (IN-NAE/인내)

Definition: Perseverance involves the ability to persist and endure in the face of difficulties or challenges. In Taekwondo, practitioners are encouraged to develop a strong will and determination to overcome obstacles and setbacks. This tenet highlights the importance of staying committed to one's goals and continuing to strive for improvement.

SELF-CONTROL (GUK-GI/극기)

Definition: Self-control refers to the ability to restrain one's impulses and maintain discipline. In Taekwondo, practitioners are taught to exercise control over their actions, emotions, and reactions. This tenet emphasizes the importance of maintaining composure, avoiding unnecessary aggression, and making thoughtful, well-controlled decisions both in and out of the training environment.

INDOMITABLE SPIRIT (BAEK-JEOL-BUL-GUL/백절불굴)

Definition: Indomitable spirit is the unwavering determination and courage to face challenges and persevere, no matter the odds. In Taekwondo, practitioners are encouraged to develop a strong and resilient spirit that can withstand adversity. This tenet emphasizes the importance of facing difficulties with courage, maintaining a positive mindset, and never giving up.

These five tenets form the foundation of the moral and ethical aspects of Taekwondo, guiding practitioners on their journey to becoming not only skilled martial artists but also individuals of strong character and integrity.

DOJANG ETIQUETTE

- **Bow:** Always bow when entering and leaving the dojo. This shows respect for the training space and your instructors.
- **Greeting:** Greet your instructor and fellow students with a respectful bow or a "Hello" before and after class.
- **Uniform (Dobok):** Wear a clean and properly fitted dobok (uniform). Keep it in good condition and free of wrinkles.
- **Personal Hygiene:** Maintain good personal hygiene. Keep your nails trimmed and clean before entering the dojo.
- **Punctuality:** Arrive on time for class. Being punctual shows respect for your instructors and fellow students.
- **Cell Phones:** Turn off or silence your cell phone during training to avoid distractions.
- **Respect for Instructors:** Address your instructors as "Sir" or "Ma'am," and follow their instructions promptly and attentively.
- **Respect for Fellow Students:** Treat your fellow students with respect and courtesy. Avoid horseplay and help each other learn and improve.
- **Attention and Focus:** Pay attention during demonstrations and instruction. Show respect by not talking or engaging in unrelated activities while the instructor is speaking.
- **Hierarchy:** Higher-ranking students should be treated with deference. Address them by their appropriate title (e.g., "Senior" or "Black Belt").
- **Taking Care of the Dojo:** Help keep the training area clean and organized. Pick up after yourself and assist in maintaining the dojo's cleanliness.
- **No Ego:** Leave your ego at the door. Taekwondo is about continuous learning and improvement, not showing off or competing with others.
- **Safety:** Practice good sportsmanship and prioritize safety. Avoid unnecessary aggression or reckless behavior that could harm yourself or others.
- **Leave Personal Issues Behind:** When you enter the dojo, leave any personal problems or conflicts outside. Focus on your training and growth.
- **Participate Fully:** Engage fully in all aspects of training, including warm-ups, drills, techniques, and sparring.
- **Sitting Positions:** When waiting or listening, sit in a seiza (kneeling) position or a comfortable cross-legged position. Avoid sprawling out or slouching.
- **Water Breaks:** Take water breaks when allowed by the instructor but avoid excessive interruptions to the flow of the class.

- **Gratitude:** Thank your instructor and fellow students at the end of class. A bow and a "Thank you" are appropriate ways to express gratitude.

ETIQUETTE EXPECTATIONS BY RANK

WHITE BELT (10TH GUP)

Address instructors as "Sir" or "Ma'am", bow when entering and leaving the training area, show respect to higher ranking belts and instructors, listen attentively, and follow instructions.

GREY BELT (9TH GUP)

Greet instructors with a bow before and after class, keep fingernails and toenails trimmed, arrive on time for training sessions, treat fellow students with respect and courtesy.

YELLOW BELT (8TH GUP)

Line up in rank order during class, practice good hygiene and cleanliness, assist and support lower ranking students when appropriate, refrain from talking or disrupting the class during instruction.

ORANGE BELT (7TH GUP)

Show humility and modesty in your training, demonstrate proper sportsmanship during sparring sessions, acknowledge and accept feedback from instructors, encourage and motivate fellow students.

GREEN BELT (6TH GUP)

Show gratitude to training partners after practice, help maintain cleanliness in the training area, develop self-discipline and focus on personal improvement, participate actively and attentively in all aspects of training.

PURPLE BELT (5TH GUP)

Show respect to higher ranking belts and instructors, act as a role model for lower-ranking students, encourage and assist new students in their Taekwondo journey, be punctual and prepared for all training sessions.

BLUE BELT (4TH GUP)

Demonstrate good sportsmanship during competitions and sparring, respect the authority and decisions of referees and judges, maintain a positive attitude and perseverance in the face of challenges, continually strive for self-improvement and growth.

BROWN BELT (3RD GUP)

Treat all training equipment with care and respect, show appreciation to instructors and seniors for their guidance, act as a mentor and role model for junior students, uphold the principles of Taekwondo both inside and outside the training hall.

RED BELT (2ND GUP)

Cultivate self-discipline and a strong work ethic, show respect to all members of the Taekwondo community, share knowledge and skills with fellow students when appropriate, display the values of integrity, humility, and perseverance.

RED/BLACK BELT (1ST GUP)

Exhibit all tenants of Taekwondo and etiquette expectations.

TERMINOLOGY

- **Dobok:** Taekwondo uniform.
- **Dojang:** Training hall or school.
- **Dan:** Black belt rank.
- **Kup:** Colored belt rank (white belt to brown belt).
- **Charyeot:** Attention stance.
- **Kyungye:** Bow.
- **Joonbi:** Ready stance.
- **Gyeorugi:** Sparring.
- **Poomsae:** Patterns or forms.
- **Gup:** The grading system.
- **Hosinsul:** Self-defense techniques.
- **Kihap:** Shout or yell.
- **Makki:** Blocking techniques.
- **Jireugi:** Punching techniques.
- **Chagi:** Kicking techniques.
- **Ap Chagi:** Front kick.
- **Dollyo Chagi:** Roundhouse kick.
- **Bandae Dollyo Chagi:** Reverse roundhouse kick.
- **Yop Chagi:** Side kick.
- **Twio Chagi:** Hook kick.
- **Huryeo Chagi:** Axe kick.
- **Dwit Chagi:** Back kick.
- **Sonkal:** Knife-hand.
- **Palkup:** Elbow.
- **Bakkat Palmok:** Reverse knife-hand block.
- **Ap Kumchi:** Front stance.

- **Dwit Kumchi:** Back stance.
- **Niunja Sogi:** Parallel stance.
- **An Palmok:** Inner forearm.
- **Bakat Palmok:** Outer forearm.
- **Me Joomuk:** Closed fist.
- **Ap Joomuk:** Front fist.
- **Dwit Joomuk:** Back fist.
- **Momtong:** Midsection.
- **Dwit Chukjeok:** Spinning kick.
- **Kyocha Sogi:** X-stance.
- **Dari:** Leg.
- **Sonnal:** Knife-hand strike with the edge of the hand.
- **Pyonhi:** Courtesy.
- **Taegeuk:** The name for the poomsae in Taekwondo, also represents the concept of the yin and yang.

COUNTING IN KOREAN

Native Korean

1	하나	hana
2	둘	dul
3	셋	set
4	넷	net
5	다섯	dasot
6	여섯	yosot
7	일곱	ilgop
8	여덟	yodol
9	아홉	ahop
10	열	yol
20	스물	seumun
30	서른	soreun
40	마흔	maheun
50	쉰	swon
60	예순	yesun
70	일흔	ilheun
80	여덟	yodeul
90	아흔	aheun

Sino Korean

1	일	il
2	이	ee
3	삼	sam
4	사	sa
5	오	o
6	육~륙	yuk~ryuk
7	칠	chil
8	팔	pal
9	구	ku
10	십	ship
100	백	baek
1000	천	chon
10000	만	man

BELT TESTING RUN TIMES

1 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
11:16	09:45	09:25	09:25	09:26	09:35	09:55
1 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
12:29	11:12	10:40	10:40	10:40	10:44	10:57
1.5 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
17:28	15:07	14:37	14:37	14:37	14:52	15:22
1.5 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
19:18	17:19	16:29	16:29	16:29	16:36	16:56
2.0 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
23:42	20:31	19:49	19:49	19:50	20:10	20:51
2.0 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
26:08	23:27	22:20	22:20	22:20	22:28	22:56
3.0 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
36:17	31:24	30:21	30:21	30:21	30:50	31:57
3.0 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
39:59	35:53	34:10	34:10	34:10	34:23	35:06
4.0 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
49:08	42:31	41:03	41:03	41:03	41:35	43:01
4.0 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
54:27	48:35	46:15	46:15	46:16	46:40	47:42

PATH TO BLACK BELT

(Students 6 years old to adult)

WHITE BELT (10TH GUP)

BEGINNER RANK

Minimum Age: 6

Training Time: 20 hours

The starting point for beginners, this level focuses on introducing basic stances, techniques, and etiquette in martial arts.

GREY BELT (9TH GUP)

BEGINNER RANK

Minimum Age: 6

Training Time: 30 hours

Min. Total Training Time: 50 hours

Continuing to build foundational skills, students learn more about basic strikes, blocks, and footwork.

YELLOW BELT (8TH GUP)

BEGINNER RANK

Minimum Age: 6

Training Time: 40 hours

Min. Total Training Time: 90 hours

Progressing further, students refine their understanding of techniques and begin to demonstrate more control in their movements.

ORANGE BELT (7TH GUP)

INTERMEDIATE RANK

Minimum Age: 6

Training Time: 50 hours

Min. Total Training Time: 140 hours

At this level, students continue to improve their techniques while exploring their understanding of martial art's principles.

GREEN BELT (6TH GUP)

INTERMEDIATE RANK

Minimum Age: 7

Training Time: 60 hours

Min. Total Training Time: 200 hours

As skills develop, students delve into more advanced patterns (forms) and combinations, showcasing improved coordination.

PURPLE BELT (5TH GUP)

INTERMEDIATE RANK

Minimum Age: 7

Training Time: 70 hours

Min. Total Training Time: 270 hours

Building on previous learning, students begin to incorporate more fluidity and power into their techniques.

BLUE BELT (4TH GUP)

ADVANCED RANK

Minimum Age: 7

Training Time: 80 hours

Min. Total Training Time: 350 hours

At this stage, students deepen their understanding of patterns and techniques, aiming for precision and control.

BROWN BELT (3RD GUP)

ADVANCED RANK

Minimum Age: 7

Training Time: 90 hours

Min. Total Training Time: 440 hours

As proficiency increases, students work on refining techniques and understanding the underlying concepts of martial arts.

RED BELT (2ND GUP)

ADVANCED RANK

Minimum Age: 8

Training Time: 100 hours

Min. Total Training Time: 540 hours

With advanced skills, students focus on mastering patterns, demonstrating strong technique execution, and showcasing dedication.

RED / BLACK (1ST GUP)

PREPARING FOR BLACK BELT TEST

Minimum Age: 9

Training Time: 120 hours

Min. Total Training Time: 660 hours

The final gup level before reaching the black belt ranks, students exhibit a high level of expertise and dedication, preparing for the transition to becoming a black belt.

WHITE BELT (10TH GUP)

BLACK STRIPE

Stances: Attention, Bow, Ready, Horse, Front, Walking, Fighting

Middle Punch

Horse Stance with Punch

Palm Strike

Low Block

High Block

Kicks: Rising, Stomp, Front Push

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross

One Steps 1-3

Face Contact: Mirror Drill

GREEN STRIPE

Self-Defense: Wrist Release

Sparring: Basic Footwork Drill

Sparring: Single Technique

Sparring: 1 round - 1 minute

BLUE STRIPE

Bo Staff: Basic Grip and Stance

RED STRIPE

Kicho Il-Bo

FINAL TEST

Board Break: Stomp Kick

Running Time: Complete a 1-mile run at a comfortable pace (typically within 10-12 minutes).

Minimum Push-ups: 10 push-ups

Minimum Sit-ups: 10 sit-ups

GREY BELT (9TH GUP)

WHITE STRIPE

Hammer Fist
Outside Hammer Fist Strike
High Punch
Cross Block
Middle Block
Kicks: Front Snap, Roundhouse, Back, Axe

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook
One Steps 4-6
Face Contact: Jab Cross Drill

GREEN STRIPE

Self-Defense: Front Choke Defense
Sparring: Combinations
Sparring: Focus Mitt Drills
Sparring: 1 round - 1.5 minutes

BLUE STRIPE

Bo Staff: Basic Strikes

RED STRIPE

Taeguk Il Jang

FINAL TEST

Board Break: Hammer Fist
Board Break: Front Snap Kick

Running Time: Complete a 1.5-mile run in approximately 12-15 minutes.

Minimum Push-ups: 15 push-ups

Minimum Sit-ups: 15 sit-ups

YELLOW BELT (8TH GUP)

WHITE STRIPE

Knifehand Strike
Reverse Knifehand Strike
Knifehand Guarding Block
Double Knifehand Down Block
Double Fist Down Block
Kicks: Fast, Side, Stepping Side, Flying Side, Crescent

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Uppercut
One Steps 7-9
Face Contact: One Steps

GREEN STRIPE

Self-Defense: Bear Hug Defense
Sparring: Reaction Drills
Sparring: Light Contact
Sparring: 1 round - 2 minutes

BLUE STRIPE

Bo Staff: Basic Blocks

RED STRIPE

Taegeuk Ee Jang

FINAL TEST

Board Break: Palm Strike
Board Break: Side Kick

Running Time: Complete a 1.5-mile run in approximately 10-12 minutes.

Minimum Push-ups: 20 push-ups

Minimum Sit-ups: 20 sit-ups

ORANGE BELT (7TH GUP)

WHITE STRIPE

Stances: Back
Forearms Block
Inside Elbow Strike
Outside Elbow Strike
Vertical Elbow Strike
Rear Elbow Strike
Twin Forearms Guarding Block
Kicks: Jumping Front, Reverse Turning Back, Hook, Turning Hook, Turning Roundhouse

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook-Cross
One Steps 10-12
Face Contact: Counterattack Drill

GREEN STRIPE

Self-Defense: Side Headlock Defense
Sparring: Counter Attacking Drills
Sparring: Continuous Sparring
Sparring: 1 round - 2.5 minutes

BLUE STRIPE

Bo Staff: Basic Combinations

RED STRIPE

Taegeuk Sam Jang

FINAL TEST

Board Break: Elbow Strike - Inside, Outside, or Vertical
Board Break: Jumping Front Kick or Spinning Back Kick

Running Time: Complete a 2-mile run in approximately 14-16 minutes.

Minimum Push-ups: 25 push-ups

Minimum Sit-ups: 25 sit-ups

GREEN BELT (6TH GUP)

WHITE STRIPE

Outside Forearm Block
Inside Forearm Block
Single Knifehand Block
Forward Backfist
Knifehand High Section Block
Single Knifehand Down Block
Side Backfist
Kicks: Jumping Roundhouse, Spinning Hook, Butterfly

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Hook-Cross-Hook
One Steps 13-15
Face Contact: Combination Drill

GREEN STRIPE

Self-Defense: Front Kick Defense
Sparring: Point Sparring
Sparring: 3-on-1 Sparring
Sparring: 1 round - 3 minutes

BLUE STRIPE

Bo Staff: Basic Forms

RED STRIPE

Taegeuk Sa Jang

FINAL TEST

Board Break: Vertical Elbow Strike
Board Break: Rear Elbow Strike
Board Break: Turning Side Backfist
Board Break: Jumping Turning Kick or Flying Side Kick

Running Time: Complete a 2-mile run in approximately 12-14 minutes.

Minimum Push-ups: 30 push-ups

Minimum Sit-ups: 30 sit-ups

PURPLE BELT (5TH GUP)

WHITE STRIPE

Ridge Hand Strike
Twin Knife Guarding Block
Outside Chest Block
Spear Hand Strike
Flat Spear Hand Strike
Kicks: Jumping Double Roundhouse

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Uppercut-Hook
One Steps 16-18
Face Contact: Rapid Fire Drill

GREEN STRIPE

Self-Defense: Two Hand Wrist Grab Defense
Sparring: Dynamic Sparring
Sparring: Sparring with Handicap
Sparring: 2 rounds - 2 minutes

BLUE STRIPE

Bo Staff: Advanced Strikes

RED STRIPE

Taegeuk Oh Jang

FINAL TEST

Board Break: Ridge Hand
Board Break: Jumping Spinning Hook Kick or Butterfly Kick

Running Time: Complete a 2.5-mile run in approximately 15-18 minutes.

Minimum Push-ups: 35 push-ups

Minimum Sit-ups: 35 sit-ups

BLUE BELT (4TH GUP)

WHITE STRIPE

Inside Chest Block
Jebbi Form
Wrist Escape
Kicks: Jumping Back, Flying Back

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Uppercut-Hook-Cross
One Steps 19-21
Face Contact: Reaction Drill

GREEN STRIPE

Self-Defense: Hair Grab Defense
Sparring: Freestyle Sparring
Sparring: Team Sparring
Sparring: 2 rounds - 2.5 minutes

BLUE STRIPE

Bo Staff: Advanced Blocks

RED STRIPE

Taegeuk Yuk Jang

FINAL TEST

Board Break: Multiple Board Breaks
2 Hand Techniques - Reset Allowed
2 Foot Techniques - (1 Turning Kick)

Running Time: Complete a 3-mile run in approximately 18-20 minutes.

Minimum Push-ups: 40 push-ups

Minimum Sit-ups: 40 sit-ups

BROWN BELT (3RD GUP)

WHITE STRIPE

Stances: Cat, Twist
Scissors Block
X-fist Block
X-knife Hand Block
Pressing Block
Palm Heel Block
Kicks: Jumping Spin Hook

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook-Cross-Uppercut
One Steps 22-24
Face Contact: Sparring Drills

GREEN STRIPE

Self-Defense: Front Bear Hug Defense
Sparring: High Intensity Sparring
Sparring: Specialized Sparring
Sparring: 3 rounds - 2 minutes

BLUE STRIPE

Bo Staff: Advanced Combinations

RED STRIPE

Taegeuk Chil Jang

FINAL TEST

Board Break: Multiple Board Breaks
3 Hand Techniques - (1 Reset Allowed - 2 Rapid Sequence)
3 Foot Techniques - (1 Turning Kick)

Running Time: Complete a 3-mile run in approximately 16-18 minutes.

Minimum Push-ups: 50 push-ups

Minimum Sit-ups: 50 sit-ups

RED BELT (2ND GUP)

WHITE STRIPE

Kicks: 540

YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook-Cross-Uppercut-Hook

One Steps 25-27

Face Contact: Advanced Sparring Drills

GREEN STRIPE

Self-Defense: Ground Defense

Sparring: 3 rounds - 2.5 minutes

BLUE STRIPE

Bo Staff: Advanced Forms

RED STRIPE

Taegeuk Pal Jang

FINAL TEST

Board Break: Multiple Board Breaks

4 Hand Techniques - (2 Reset Allowed - 2 Rapid Sequence)

4 Foot Techniques - (2 turning kicks w/ direction change)

Running Time: Complete a 3.5-mile run in approximately 20-22 minutes.

Minimum Push-ups: 60 push-ups

Minimum Sit-ups: 60 sit-ups

RED / BLACK (1ST GUP)

WHITE STRIPE

Kicks: 720
Diamond Block
Mountain Block
Double Uppercut

YELLOW STRIPE

One Steps 28-30
Face Contact: Free Sparring

GREEN STRIPE

Self-Defense: Multiple Attackers
Sparring: 3 rounds - 3 minutes

BLUE STRIPE

Bo Staff: Free Flow Sparring

RED STRIPE

Taegeuk 1-8

FINAL TEST

Board Break: Multiple Board Breaks with Advanced Techniques
5 Hand Techniques - (Rapid Sequence - No Reset Allowed)
5 Foot Techniques - (3 Turning Kicks w/ (2) direction changes)
Board Break: Head Butt
Board Break: Power Breaking

Running Time: Complete a 4-mile run in approximately 22-24 minutes.

Minimum Push-ups: 70 push-ups

Minimum Sit-ups: 70 sit-ups

DYNAMIC BOXING

WHITE BELT (10TH GUP):

JAB-CROSS: Practicing a simple one-two combination, throwing a jab with the lead hand followed by a cross with the rear hand.

GREY BELT (9TH GUP):

JAB-CROSS-HOOK: Adding a hook punch after the jab-cross combination, incorporating a circular motion with the lead hand to target the side of the opponent's head or body.

YELLOW BELT (8TH GUP):

JAB-CROSS-UPPERCUT: Following up the jab-cross with an uppercut punch, targeting the opponent's chin or body with a vertical upward motion from either hand.

ORANGE BELT (7TH GUP):

JAB-CROSS-HOOK-CROSS: Combining the jab-cross with a hook punch and then finishing with another cross, creating a fluid and powerful combination.

GREEN BELT (6TH GUP):

JAB-HOOK-CROSS-HOOK: Starting with a jab and then throwing a hook punch followed by a cross and ending with another hook punch, incorporating lateral movements and weight shifts.

PURPLE BELT (5TH GUP):

JAB-CROSS-UPPERCUT-HOOK: Executing the jab-cross-uppercut combination and then adding a hook punch to create a longer and more dynamic combination.

BLUE BELT (4TH GUP):

JAB-CROSS-UPPERCUT-HOOK-CROSS: Building upon the previous combination by adding a final cross punch, increasing the complexity and impact of the combination.

BROWN BELT (3RD GUP):

JAB-CROSS-HOOK-CROSS-UPPERCUT: Incorporating an uppercut punch at the end of the previous combination, combining straight punches and hooks with an uppercut for added versatility.

RED BELT (2ND GUP) AND ABOVE – ADVANCED LEVEL:

JAB-CROSS-HOOK-CROSS-UPPERCUT-HOOK: Extending the combination further by adding another hook punch at the end, allowing for continuous and fluid strikes.

ONE-STEPS

WHITE BELT (10TH GUP):

1. Step out left leg at 45 degree angle into horse stance (kima suh-gi), while at the same time executing a left hand palm block. Right, then left punches to the side (kidney area), followed by left punch to the head. (all three actions in rapid sequence).
2. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse punch (sang-dan chi-gi) with the right fist to the face.
3. Step out right leg into side stance (yup suh-gi) while at the same time executing a right arm middle block (mom-tong mak-gi) followed by a left arm spinning elbow strike to the solar plexus in side stance (yup-suh-gi).

GREY BELT (9TH GUP):

4. Step to the side with left leg, then instant Right leg side kick (yup cha-gi) to the right side of partner, ending in a double knife-hand guarding block (su-do ta-bi mak-gi).
5. Left leg crossing kick (apcha-dol ri-ki), then pivot into a right leg roundhouse kick (tol-lyo cha-gi) to the left side of your partner's head.
6. Step out right leg into side stance (yup suh-gi), and execute a right arm middle block (mom-tong mak-gi) followed by a right arm knife hand strike (su-do yup tae-ri-gi) to the neck (same stance.)

YELLOW BELT (8TH GUP):

7. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse punch (sang-dan chi-gi) with the right fist to the face. Then step under blocked arm (to your left) and execute an elbow strike using your right elbow to your partner's side (kidney area). NOTE: This is very similar to #2.
8. Step out left leg at 45 degree angle into horse stance (kima suh-gi), while at the same time executing a left hand palm block. Right, then left, punches to the side (kidney area), followed by right punch to the head. (All three punches in rapid sequence). Then slide down the blocked arm and grab the wrist with your right hand, and execute a right leg roundhouse kick (tol-lyo cha-gi) to your partner's mid-section. NOTE: This is very similar to #1
9. Step to the side with the left leg, then instant right leg side kick (yup cha-gi) to partner's right side. Land into a back stance (hoo-gul suh-gi) while executing a double knife-hand block (su-do ta-bi mak-gi). Step forward with your right foot into a front stance (choon-gool suh-gi) and execute a right hand back fist strike (dung-joo-mok chi-gi) to the head. NOTE: This is very similar to #4.

ORANGE BELT (7TH GUP):

10. Left leg reverse crossing kick (panda ap-dol ri-ki) followed by a right arm spinning knife-hand strike through the target area, and ending in either a front (choon-gool suh-hi) or back stance (hoo-gul suh-gi). NOTE: You must ask your partner to duck before the spinning knife-hand strike
11. Step into a right leg front stance (choon-gool suh-gi), and execute a left outside forearm block (pak-ka pal-mok mak-ki) followed by a right arm reverse knife-hand strike (sohn-nal mok chi-ki) to the right side of your partners neck in the same stance.
12. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse punch (sang-dan chi-gi) to the face. Then grab partners shoulders using both hands and pull your partner down while executing a right leg knee strike to the solar plexus. NOTE: This is very similar to #2.

GREEN BELT (6TH GUP):

13. Step into a right leg front stance (choon-gool suh-gi), and execute a left arm outside forearm block (pak-ka pal-mok mak-ki) followed by a right arm middle punch (choong-dan chi-gi) in the same stance. Then change to back stance (hoo-gul suh-gi) and execute a right arm knife-hand strike (su-do yup tae-ri-ki) to the partners right side of the neck.
14. Left leg side kick (yup cha-gi) followed by a right leg spin side kick (pan-da di-tol-lyo yup cha-gi).
15. Right leg reverse crossing kick (pan-da ap-dol ri-ki) followed by a left leg spin side kick (pan-da di-tol-lyo yup cha-gi).

PURPLE BELT (5TH GUP):

16. Step into a right front stance (choon-gool suh-gi), and execute a left hand single knife-hand guarding block (su-do ta-bi mak-ki) followed by a right arm reverse knife-hand strike (sohn-nal mok chi-ki), and a left arm reverse middle punch, all in the same stance.
17. Step out right leg into side stance (yup suh-gi), while at the same time executing a middle block (mom-tong mak-gi) with the right arm, followed by a right arm elbow strike to the ribs, and a right arm back fist strike to the head.
18. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a right high reverse punch (sang-dan chi-gi) to the face. Then grab the right arm and shoulder using both hands and execute a right leg sweeping to your partner's right leg. NOTE: This is very similar to #2.

BLUE BELT (4TH GUP):

19. Right leg reverse crossing kick (pan-da ap-dol ri-ki) set foot down in side stance (yup suh-gi), followed immediately by a right leg side kick (yup cha-gi) to the solar plexus.
20. Step into a left leg into 45 degree horse stance and execute a right hand single knife-hand guarding block (su-do ta-bi mak-ki). Grab the blocked punch (with your right hand), and follow with a right leg roundhouse kick (tol-lyo cha-gi) to the mid-section, set foot down, then a right leg drop kick (dee-chook do-ro chi-ki) in-to-out on your partner's right side.
21. Step out left leg at 45 degree horse stance, while at the same time executing a left hand pressure block. Kneel down and spin clockwise on your left knee, and execute a right hand knife-hand strike (su-do yup tae-ri-ki) to your partner's kidney area.

BROWN BELT (3RD GUP):

22. Step out left leg into 45 degree horse stance, while at the same time executing a right knife-hand block/grab/twist on your partner's right arm. Follow with a left hand palm thrust to the elbow, wrap your left arm around your partner's extended arm, spin clockwise into a right arm elbow strike to the head.
23. Step out left leg into 45 degree horse stance, while at the same time executing a circular block with the right arm. While holding your partner's right arm, follow with a right leg drop kick (dee chook do-ro chi-ki), pull partner downward in the direction of the drop kick, and a left arm elbow strike to the base of the skull.
24. Right leg reverse crossing kick (panda ap-dol ri-ki), followed immediately by a left leg spinning crossing kick (dee-chu cha-gi).

RED BELT (2ND GUP):

25. Step into a left leg front stance (choon-gool suh-gi) and Jebbi Form (jeb-bi form mak-ki). Grab the blocked arm and twist up, while executing a right hand palm strike to the locked elbow, followed by a left elbow strike to the face (all done in the same stance).
26. Step out right leg into front stance (choon-gool suh-gi), while executing a double middle block (left arm further extended than the right/wrist break. Left hand pressing block with a right arm side back fist to the head. Slide right hand down partner's right arm, step back and execute a right leg roundhouse kick (tol-lyo cha-gi) to partner's stomach.
27. Step out left leg at 45 degree angle into horse stance (kima suh-gi), execute a crossing block (kyo-cho ju-mok ma-ki) and roll over partner's right arm into a wrist lock. Execute a right leg roundhouse kick (tol-lyo cha-gi) and follow with a drop wheel kick (whea-chu cha-gi) from the left knee to the back of the partner's legs.

RED/BLACK BELT (1ST GUP):

28. Step out left leg into front stance (choon-gool suh-gi) and execute a left knife-hand guarding block, then right elbow strike to the head (front of elbow), right elbow strike to the head (back of elbow), followed by head-lock with the right arm and right knee strike to the solar plexus.
29. Right leg reverse crossing kick (pan-da ap-dol ri-ki) and without putting right leg down, execute the following consecutive kicks to the head: right leg hook kick followed with right leg roundhouse (tol-lyo cha-gi).
30. Step out left leg at 45 degree angle into horse stance (kima suh-gi), while at the same time executing a left hand palm block. Execute a right arm reverse knife hand strike (sohnal-mok chi-ki) to the stomach followed with a left arm reverse knife-hand strike (sohnal-mok chi-ki) to the back of the neck (pressure head down with left hand) and finish with a dropping right arm elbow strike to the back of the neck.

FACE CONTACTS

WHITE BELT (10TH GUP):

MIRROR DRILL: Stand facing a partner and take turns mirroring each other's movements. Focus on maintaining eye contact and synchronizing your actions.

GREY BELT (9TH GUP):

JAB-CROSS DRILL: Practice throwing basic jab and cross punches at your partner's target mitts or focus pads, ensuring that you make controlled contact with their hands.

YELLOW BELT (8TH GUP):

ONE-STEP SPARRING: Perform one-step sparring exercises with a partner, where one person initiates an attack (such as a punch or a kick) and the other defends by blocking or evading the strike.

ORANGE BELT (7TH GUP):

COUNTERATTACK DRILL: Take turns being the attacker and defender. The attacker throws a punch, and the defender blocks or evades the strike before immediately counterattacking with a punch or kick to the face.

GREEN BELT (6TH GUP):

COMBINATION DRILL: Practice executing various combinations of strikes to the face, such as jab-cross-hook or front kick-roundhouse kick, with a focus on accuracy and control.

PURPLE BELT (5TH GUP):

RAPID-FIRE DRILL: Stand facing a partner at a close distance and engage in a fast-paced drill, taking turns throwing rapid punches or kicks to the face while the partner focuses on blocking and evading.

BLUE BELT (4TH GUP):

REACTION DRILL: Use focus mitts or target pads and have your partner randomly call out a target (e.g., "face," "head," "left side"). React quickly by delivering the appropriate strike to the indicated target.

BROWN BELT (3RD GUP):

SPARRING DRILLS: Engage in controlled sparring sessions with a focus on face contact techniques. Practice maintaining distance, timing, and accuracy while delivering punches, kicks, and combinations to the face.

RED BELT (2ND GUP):

ADVANCED SPARRING DRILLS: Introduce more dynamic and challenging sparring drills that involve footwork, feints, and defensive maneuvers, with an emphasis on scoring clean and controlled face contact.

RED/BLACK BELT (1ST GUP):

FREE SPARRING: Engage in full-contact sparring sessions with a focus on face contact techniques, applying the skills and techniques learned at previous ranks while demonstrating control, accuracy, and respect for your training partner.

SELF DEFENSE TECHNIQUES

WHITE BELT (10TH GUP):

WRIST RELEASE: Learn how to escape from a basic wrist grab by turning your hand and breaking the grip.

GREY BELT (9TH GUP):

FRONT CHOKE DEFENSE: Practice stepping back while striking the attacker's groin with a knee and following up with a palm strike to the face.

YELLOW BELT (8TH GUP):

BEAR HUG ESCAPE: Learn to break free from a bear hug by stomping on your attacker's foot, striking the groin, and executing a backward elbow strike.

ORANGE BELT (7TH GUP):

SIDE HEADLOCK DEFENSE: Escape from a side headlock by striking the attacker's ribs or groin, and then performing a hip throw to take them down.

GREEN BELT (6TH GUP):

FRONT KICK DEFENSE: Block a front kick with a forearm block, counter with a low kick to the attacker's supporting leg, and finish with a strike to their face or body.

PURPLE BELT (5TH GUP):

TWO-HAND WRIST GRAB DEFENSE: Escape from a two-hand wrist grab by twisting your arm, striking the attacker's face with your other hand, and following up with a knee strike.

BLUE BELT (4TH GUP):

HAIR GRAB DEFENSE: Break free from a hair grab by using a circular motion with your hand, striking the attacker's face, and following up with a knee strike or a takedown.

BROWN BELT (3RD GUP):

FRONT BEAR HUG DEFENSE: Escape from a front bear hug by striking the attacker's groin, executing a knee strike, and then performing a throw or a joint lock.

RED BELT (2ND GUP):

GROUND DEFENSE: Learn techniques to defend yourself when being attacked while on the ground, including how to escape from mounted positions and apply joint locks.

RED/BLACK BELT (1ST GUP):

MULTIPLE ATTACKERS: Practice situational awareness, footwork, and target prioritization when facing multiple attackers, utilizing strikes, kicks, and evasive maneuvers.

SPARRING

WHITE BELT (10TH GUP):

BASIC FOOTWORK DRILL: Practicing fundamental footwork movements such as stepping forward, backward, and sideways while maintaining a proper stance.

SINGLE-TECHNIQUE SPARRING: Engaging in controlled sparring sessions focusing on a single technique, such as practicing front kicks or straight punches.

GREY BELT (9TH GUP):

COMBINATION SPARRING: Performing pre-arranged combinations of strikes and kicks with a partner, taking turns as the attacker and defender.

FOCUS MITT DRILLS: Using focus mitts or pads, one partner holds the mitts while the other throws various strikes targeting the mitts.

YELLOW BELT (8TH GUP):

REACTION DRILL: One partner initiates attacks with different techniques, and the other partner practices evading or blocking the attacks in real-time.

CONTROLLED SPARRING: Engaging in sparring sessions with light contact, focusing on applying techniques with control and precision.

ORANGE BELT (7TH GUP):

COUNTER-ATTACKING DRILL: One partner initiates an attack, and the other partner practices countering with appropriate techniques and combinations.

CONTINUOUS SPARRING: Engaging in sparring sessions with continuous movement and fluidity, focusing on maintaining an offensive and defensive flow.

GREEN BELT (6TH GUP):

POINT SPARRING: Engaging in sparring sessions with a focus on scoring points by delivering controlled strikes to specific target areas.

3-ON-1 SPARRING: Practicing defensive techniques against multiple attackers, simulating real-world self-defense scenarios.

PURPLE BELT (5TH GUP):

DYNAMIC SPARRING: Engaging in sparring sessions with varied intensity and speed, incorporating advanced techniques and combinations.

SPARRING WITH HANDICAP: Practicing sparring sessions where one partner has certain limitations, such as using only specific techniques or defending with one hand.

BLUE BELT (4TH GUP):

FREESTYLE SPARRING: Engaging in sparring sessions with more freedom of movement, allowing for a wide range of techniques and strategies.

TEAM SPARRING: Participating in sparring sessions with multiple teammates, working together to strategize and defeat opponents.

BROWN BELT (3RD GUP) AND ABOVE – ADVANCED LEVEL:

HIGH-INTENSITY SPARRING: Engaging in sparring sessions with increased speed, power, and intensity, simulating tournament or competitive environments.

SPECIALIZED SPARRING: Focusing on specific aspects of sparring, such as clinch work, ground fighting, or countering specific techniques.

BO STAFF

WHITE BELT (10TH GUP):

BASIC GRIP AND STANCE

BASIC GRIP

1. Find the Center:

- Hold the bo staff horizontally in front of you with both hands.
- Find the approximate center of the staff and mark it mentally or with a piece of tape.

2. Proper Hand Positioning:

- Place one hand on either side of the center mark.
- The hands should be about shoulder-width apart.
- Your thumbs should be pointing towards each other along the length of the staff, not wrapped around.

3. Relaxed Grip:

- Your grip should be firm but relaxed, allowing for fluid movement.
- Avoid gripping the staff too tightly as it will restrict your movements and tire your hands quickly.

BASIC STANCE

1. Natural Stance:

- Stand with your feet shoulder-width apart.
- Your knees should be slightly bent for balance and readiness.
- Keep your back straight and shoulders relaxed.

2. Forward Stance (Zenkutsu Dachi):

- Step forward with one foot, maintaining shoulder-width distance between your feet.
- Your front knee should be bent, and your back leg should be straight.
- Distribute your weight evenly between both legs.

3. Guard Position:

- Hold the bo staff in front of you with the basic grip.

- The staff should be at an angle, with one end pointing towards your opponent and the other end near your hip.
- Keep your elbows slightly bent to absorb impact and allow for quick movements.

4. Side Stance (Kiba Dachi):

- Stand with your feet wider than shoulder-width apart, toes pointing slightly outward.
- Bend your knees deeply, lowering your center of gravity.
- Keep your back straight and maintain a strong, stable posture.

PRACTICE DRILLS

1. Striking Drill:

- Practice basic strikes (overhead, side, thrust) while maintaining a proper grip and stance.
- Focus on fluid, controlled movements.

2. Blocking Drill:

- Practice blocking techniques by moving the staff to intercept imaginary attacks.
- Ensure your grip and stance remain consistent and strong.

3. Movement Drill:

- Move forward, backward, and sideways while holding the staff.
- Maintain balance and coordination, practicing smooth transitions between stances.

GREY BELT (9TH GUP):

BASIC STRIKES

1. Overhead Strike (Jodan Uchi):

- Stance: Start in a natural stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Raise the staff above your head and bring it down in a straight line towards your target, aiming for the head or shoulders.
- Key Points: Keep your back straight, use your core for power, and follow through with the strike.

2. Side Strike (Yoko Uchi):

- Stance: Start in a side stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.

- Motion: Swing the staff horizontally from one side to the other, targeting the opponent's ribs, arms, or head.
- Key Points: Rotate your hips and shoulders to generate power and keep the staff level.

3. Thrust (Tsuki):

- Stance: Start in a forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Extend the staff forward in a straight line, aiming for the opponent's midsection or throat.
- Key Points: Use your back hand to push and your front hand to guide, keeping the staff level and stable.

4. Diagonal Strike (Naname Uchi):

- Stance: Start in a natural stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Swing the staff diagonally from one shoulder to the opposite hip, targeting the opponent's shoulder, torso, or legs.
- Key Points: Use a fluid motion, rotating your body to add power, and follow through with the strike.

5. Low Strike (Gedan Uchi):

- Stance: Start in a natural stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Swing the staff downward in a diagonal or horizontal line, targeting the opponent's legs or lower body.
- Key Points: Bend your knees slightly for better reach and stability and use your hips for added power.

PRACTICE DRILLS

1. Striking Combination:

- Combine different strikes (e.g., overhead, side, and thrust) into a fluid sequence.
- Practice transitioning smoothly between strikes while maintaining proper form.

2. Target Practice:

- Set up targets (e.g., pads, bags, or markers) at different heights and angles.
- Practice striking each target with precision and control.

3. Power and Speed Drill:

- Focus on increasing the power and speed of your strikes.

- Use a timer to measure your speed and aim to improve over time.

4. Footwork Integration:

- Combine footwork with strikes, moving forward, backward, and sideways.
- Ensure your movements are coordinated and balanced.

YELLOW BELT (8TH GUP):

BASIC BLOCKS

1. High Block (Jodan Uke):

- Stance: Start in a forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Raise the staff above your head with your arms slightly bent, positioning it horizontally to intercept an overhead strike.
- Key Points: Keep the staff close to your head, elbows slightly bent, and your back straight. Ensure your grip is firm but relaxed.

2. Middle Block (Chudan Uke):

- Stance: Start in a natural stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Move the staff horizontally in front of your torso to block strikes aimed at your midsection.
- Key Points: Position the staff at chest level, elbows bent, and use your hips and shoulders to add stability.

3. Low Block (Gedan Uke):

- Stance: Start in a natural stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Lower the staff diagonally or horizontally to block strikes aimed at your legs or lower body.
- Key Points: Keep your knees slightly bent, use your back hand to guide the staff, and ensure the staff is positioned to cover your lower body effectively.

4. Side Block (Yoko Uke):

- Stance: Start in a side stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Move the staff horizontally to the side to block strikes aimed at your ribs or torso.

- Key Points: Rotate your body slightly to add stability, keep your elbows bent, and ensure the staff is positioned to cover the side of your body.

5. Cross Block (Juji Uke):

- Stance: Start in a natural stance or forward stance.
- Grip: Hold the bo staff with both hands in the basic grip.
- Motion: Cross the staff in front of your body in an X shape to block strikes from various angles.
- Key Points: Use both hands to maintain control, keep your arms slightly bent, and ensure the staff forms a strong barrier in front of you.

PRACTICE DRILLS

1. Static Blocking Drill:

- Practice each block while standing still, focusing on proper form and technique.
- Hold each block position for a few seconds to build muscle memory.

2. Dynamic Blocking Drill:

- Incorporate movement by stepping forward, backward, and sideways while practicing blocks.
- Combine blocks with footwork to simulate real combat scenarios.

3. Partner Drill:

- Work with a partner who performs slow, controlled strikes.
- Practice blocking each strike, gradually increasing the speed and intensity as you become more comfortable.

4. Combination Drill:

- Combine different blocks into a sequence, transitioning smoothly between them.
- Practice blocking multiple strikes in quick succession.

5. Reaction Drill:

- Have a partner call out or simulate random strikes.
- React quickly by performing the appropriate block, focusing on speed and accuracy.

ORANGE BELT (7TH GUP):

BASIC COMBINATIONS

COMBINATION 1: OVERHEAD STRIKE TO HIGH BLOCK

1. Overhead Strike (Jodan Uchi):

- Start in a forward stance.
- Perform an overhead strike, aiming for your target's head or shoulders.

2. High Block (Jodan Uke):

- Immediately follow with a high block to defend against an incoming overhead strike.

3. Repeat:

- Practice transitioning smoothly between the strike and block.

COMBINATION 2: SIDE STRIKE TO MIDDLE BLOCK

1. Side Strike (Yoko Uchi):

- Start in a side stance.
- Perform a horizontal side strike, targeting your opponent's ribs or arms.

2. Middle Block (Chudan Uke):

- Quickly move into a middle block to defend against a midsection strike.

3. Repeat:

- Practice alternating between the side strike and middle block.

COMBINATION 3: THRUST TO LOW BLOCK

1. Thrust (Tsuki):

- Start in a forward stance.
- Perform a thrust, aiming for your opponent's midsection or throat.

2. Low Block (Gedan Uke):

- Transition into a low block to defend against a strike aimed at your legs or lower body.

3. Repeat:

- Practice the thrust and low block in a continuous flow.

COMBINATION 4: DIAGONAL STRIKE TO CROSS BLOCK

1. Diagonal Strike (Naname Uchi):

- Start in a natural stance.

- Perform a diagonal strike from one shoulder to the opposite hip.

2. Cross Block (Juji Uke):

- Follow with a cross block to defend against strikes from various angles.

3. Repeat:

- Practice the diagonal strike and cross block in sequence.

COMBINATION 5: MULTIPLE STRIKES AND BLOCKS

1. Overhead Strike (Jodan Uchi):

- Start with an overhead strike.

2. Middle Block (Chudan Uke):

- Transition into a middle block.

3. Side Strike (Yoko Uchi):

- Follow with a side strike.

4. High Block (Jodan Uke):

- Perform a high block.

5. Thrust (Tsuki):

- End with a thrust.

6. Repeat:

- Practice the entire sequence smoothly and fluidly.

PRACTICE TIPS

- Focus on Transitions: Smooth transitions between strikes and blocks are key to effective combinations. Practice moving from one technique to the next without hesitation.
- Maintain Balance: Keep a strong stance throughout each combination. Your movements should be controlled and balanced.
- Speed and Power: Start slow to ensure proper form and gradually increase your speed and power as you become more comfortable with the combinations.
- Use a Mirror: Practicing in front of a mirror can help you observe and correct your form.
- Partner Drills: Practice combinations with a partner to simulate real combat scenarios. Take turns attacking and defending to improve timing and reaction.

GREEN BELT (6TH GUP):

BASIC FORMS

BASIC FORM 1: SHUSHI NO KON SHO

1. Starting Position:

- Begin in a ready stance with the bo staff held vertically in front of you.

2. Opening Sequence:

- Bow by lowering the staff and your upper body slightly.

3. Step Forward and Overhead Strike:

- Step forward with your left foot into a forward stance.
- Perform an overhead strike (Jodan Uchi).

4. Middle Block and Side Strike:

- Transition into a middle block (Chudan Uke) with the left foot still forward.
- Follow with a side strike (Yoko Uchi) to the right.

5. Thrust and Low Block:

- Perform a thrust (Tsuki) with the right foot stepping forward.
- Move into a low block (Gedan Uke) to defend against a low attack.

6. Diagonal Strike and Cross Block:

- Execute a diagonal strike (Naname Uchi) from the left shoulder to the right hip.
- Transition into a cross block (Juji Uke) to defend against an overhead strike.

7. Step Back and High Block:

- Step back with your right foot into a back stance.
- Perform a high block (Jodan Uke) to defend against an overhead attack.

8. Repeat on the Opposite Side:

- Mirror the previous movements on the opposite side.
- Step forward with the right foot into a forward stance.
- Perform an overhead strike, middle block, side strike, thrust, low block, diagonal strike, and cross block.

9. Return to Starting Position:

- Step back to the starting position with the bo staff held vertically in front of you.
- Bow to conclude the form.

BASIC FORM 2: BO STAFF KATA

1. Starting Position:

- Begin in a ready stance with the bo staff held vertically in front of you.

2. Opening Bow:

- Bow by lowering the staff and your upper body slightly.

3. Forward Stance and Overhead Strike:

- Step forward with the left foot into a forward stance.
- Perform an overhead strike (Jodan Uchi).

4. Middle Block and Side Strike:

- Transition into a middle block (Chudan Uke).
- Follow with a side strike (Yoko Uchi) to the left.

5. Backward Step and Low Block:

- Step back with the left foot into a back stance.
- Perform a low block (Gedan Uke).

6. Thrust and High Block:

- Perform a thrust (Tsuki) with the right foot stepping forward.
- Move into a high block (Jodan Uke) to defend against an overhead strike.

7. Diagonal Strike and Reverse Diagonal Strike:

- Execute a diagonal strike (Naname Uchi) from the right shoulder to the left hip.
- Follow with a reverse diagonal strike (Gyaku Naname Uchi) from the left shoulder to the right hip.

8. Return to Starting Position:

- Step back to the starting position with the bo staff held vertically in front of you.
- Bow to conclude the form.

TIPS FOR PRACTICING FORMS

1. Start Slow: Focus on learning the sequence of movements first. Perform each movement slowly and deliberately to ensure proper form.
2. Consistency: Practice the forms regularly to build muscle memory and fluidity in your movements.
3. Visualization: Visualize an opponent in front of you to add intent and purpose to each movement.
4. Breathing: Coordinate your breathing with your movements. Inhale during preparations and exhale during strikes and blocks.
5. Feedback: Use a mirror or record yourself to observe and correct your form. If possible, get feedback from an instructor or more experienced practitioner.
6. Gradual Speed Increase: Once you are comfortable with the form, gradually increase your speed while maintaining accuracy and control.

Purple Belt (5th Gup):

ADVANCED STRIKES

BLUE BELT (4TH GUP):

ADVANCED BLOCKS

BROWN BELT (3RD GUP):

ADVANCED COMBINATIONS

RED BELT (2ND GUP):

ADVANCED FORMS

RED/BLACK BELT (1ST GUP):

FREE FLOW SPARRING

TAEGEUK IL JANG (태극 1장)

Taegeuk Il Jang" is the first pattern or form in the Taekwondo system. It is part of the Taegeuk forms, which are a series of forms that serve as a foundation for practicing various techniques, stances, and movements in Taekwondo. The Taegeuk forms are often learned by practitioners as they progress through the colored belt ranks.

Meaning: The term "Taegeuk" refers to the ultimate state of creation, and "Il Jang" means the first. Therefore, Taegeuk Il Jang" can be translated as "The First Pattern of Ultimate Creation.

Number of Movements: 18 movements.

Focus: Taegeuk Il Jang introduces fundamental movements, stances, and techniques to beginners. It lays the foundation for subsequent forms and emphasizes the principles of balance, coordination, and proper execution of basic Taekwondo techniques.

Symbolism: Each movement within the form has a specific meaning and contributes to the overall philosophy of Taekwondo. The form incorporates elements of martial art's philosophy, including the duality of nature, balance, and the continuous cycle of creation and recreation.

Stances: Various stances, such as parallel stance (Naranhi Seogi), walking stance (Ap Seogi), and fixed stance (Gojung Seogi), are utilized in Taegeuk Il Jang.

STEP BY STEP INSTRUCTIONS

Start in the Ready or "Joon Bi" stance

1. Turn left 90 degrees into a walking stance with left foot forward, left low block
2. Step forward into walking stance with right foot forward, right hand middle punch
3. Turn right 180 degrees into a walking stance with right foot forward, right low block
4. Step forward into walking stance with left foot forward, left hand middle punch
5. Turn left 90 degrees into a front stance with left foot forward, left low block, right middle punch
6. Turn right 90 degrees into a walking stance with right foot forward, left inside block
7. Step forward into walking stance with left foot forward, right hand middle punch
8. Turn left 180 degrees into a walking stance with left foot forward, right inside block
9. Step forward into walking stance with right foot forward, left hand middle punch
10. Turn right 90 degrees into a front stance with right foot forward, right low block, left middle punch
11. Turn left 90 degrees into a walking stance with left foot forward, left high block
12. Right front kick, foot placed down into walking stance with right foot forward, right middle punch
13. Turn right 180 degrees into a walking stance with right foot forward, right high block
14. Left front kick, foot placed down into walking stance with left foot forward, left middle punch
15. Turn right 90 degrees into a front stance with left foot forward, left low block
16. Step forward into a front stance with right foot forward, right middle punch.

Yell Kihap!

TAEKWONDO BELT TESTING PROCEDURES

PURPOSE:

The belt testing process in our Taekwondo school is designed to assess and recognize a student's progress and proficiency in the art of Taekwondo. It serves to advance through the ranks, demonstrating dedication, skill development, and a deep understanding of Taekwondo principles.

ELIGIBILITY:

To be eligible for belt testing, students must meet the following criteria:

- Regular attendance in classes.
- Minimum training duration as specified by the school.
- Approval from the instructor.

CURRICULUM KNOWLEDGE:

Students must demonstrate proficiency in the prescribed curriculum for their current belt level. This includes:

- **BASIC TECHNIQUES:** Display mastery of fundamental kicks, punches, blocks, and strikes. Ensure proper execution and understanding of the techniques associated with the current belt level.
- **ONE STEPS:** Execute one-step sparring techniques with a partner, emphasizing proper timing, distance, and control. Showcase a clear understanding of defensive and counterattacking movements.
- **FACE CONTACTS:** For advanced levels, demonstrate face contact techniques with controlled and precise strikes. Emphasize proper targeting, control, and execution, while maintaining safety protocols during practice and testing.
- **SELF-DEFENSE:** Demonstrate effective self-defense techniques relevant to the belt level. This includes escapes, counterattacks, and defense against various grabs and holds.
- **BO STAFF:** For students learning bo staff techniques, showcase proficiency in handling the bo staff.
 - Grip and stances: Demonstrate correct grip and stances when wielding the bo staff.
 - Strikes and spins: Perform a variety of strikes, spins, and combinations with the bo staff.
 - Forms: Execute prescribed bo staff forms with accuracy and fluidity.
- **POOMSAE (FORMS):** Perform assigned forms with precision, focusing on correct stances, techniques, and transitions. Each belt level will have specific poomsae requirements.
- **SPARRING:** Students will be evaluated on:
 - Control: Demonstrating controlled and precise techniques.

- Strategy: Displaying effective use of footwork, timing, and combinations.
- Respect: Maintaining proper etiquette and sportsmanship during sparring.
- **BREAKING TECHNIQUES:** Students should showcase:
 - Power: Breaking boards or materials with controlled and powerful techniques.
 - Precision: Striking the designated target accurately.

TESTING DAY

REGISTRATION AND CHECK-IN:

- Arrive at the testing venue at the specified time.
- Confirm registration details and payment.
- Submit testing application form and any applicable essay(s).

WARM-UP AND PREPARATION:

- Participate in a group warm-up led by instructors.
- Review testing requirements and mentally prepare.

INDIVIDUAL TESTING:

- Students will be called individually to perform the required components.
- Follow the instructions of the testing panel.

RESULTS AND FEEDBACK:

- Results will be communicated immediately after testing.
 - (18-20 points) - Elite
 - (16-17 points) - Superior
 - (14-15 points) - Outstanding
 - (12-13 points) - Satisfactory
 - Below 12 points is a fail

- Students that successfully meet their age and gender run times will be awarded extra points.
- Instructors will provide constructive feedback and areas for improvement.

PROMOTION CRITERIA:

- Students who successfully complete the testing requirements will be eligible for promotion to the next belt level.
- Final decisions are at the discretion of the testing panel and head instructor.

BELT CEREMONY:

- Successful candidates will participate in a belt ceremony to officially receive their new rank.
- Certificates and any additional recognition will be awarded.

SPARRING COMBINATIONS

BASIC COMBINATIONS (1-30)

1. Jab - Cross	16. Jab - Cross - Hook
2. Front Kick - Jab	17. Low Block - Jab - Cross
3. Roundhouse Kick - Back Kick	18. Front Kick - Jab - Cross
4. Jab - Cross - Front Kick	19. Cross - Roundhouse Kick
5. Jab - Roundhouse Kick	20. Jab - Hook - Cross
6. Front Kick - Roundhouse Kick	21. Cross - Front Kick
7. Cross - Hook - Roundhouse Kick	22. Front Kick - Spinning Back Kick
8. Low Block - Front Kick	23. Low Block - Cross
9. Roundhouse Kick - Roundhouse Kick (opposite leg)	24. Cross - Roundhouse Kick - Back Kick
10. Jab - Cross - Roundhouse Kick	25. Double Front Kick
11. Front Kick - Cross	26. Cross - Hook - Cross
12. Hook - Roundhouse Kick	27. Roundhouse Kick - Hook Kick
13. Side Kick - Roundhouse Kick	28. Jab - Hook - Roundhouse Kick
14. Back Kick - Front Kick	29. Side Kick - Spinning Back Kick
15. Double Roundhouse Kick	30. Jab - Cross - Low Block

INTERMEDIATE COMBINATIONS (31-60)

31. Hook Kick - Roundhouse Kick	45. Hook Kick - Front Kick
32. Double Roundhouse Kick - Jab - Cross	46. Cross - Hook - Spinning Hook Kick
33. Cross - Hook - Roundhouse Kick	47. Jab - Cross - Front Kick - Back Kick
34. Low Block - Hook Kick	48. Roundhouse Kick - Jumping Back Kick
35. Front Kick - Jab - Cross - Hook	49. Double Roundhouse Kick - Jab - Cross - Hook
36. Roundhouse Kick - Spinning Hook Kick	50. Low Block - Cross - Hook
37. Jab - Cross - Side Kick	51. Front Kick - Hook Kick
38. Cross - Hook - Spinning Back Kick	52. Jab - Cross - Hook - Roundhouse Kick
39. Double Roundhouse Kick - Cross - Hook	53. Roundhouse Kick - Jumping Hook Kick
40. Hook Kick - Spinning Back Kick	54. Hook Kick - Cross
41. Side Kick - Jab - Cross	55. Double Roundhouse Kick - Spinning Hook Kick

42. Front Kick - Roundhouse Kick - Hook Kick	56. Cross - Hook - Side Kick
43. Jab - Cross - Spinning Hook Kick	57. Front Kick - Jab - Cross - Roundhouse Kick
44. Roundhouse Kick - Axe Kick	58. Spinning Back Kick - Hook Kick - Roundhouse Kick
59. Cross - Hook - Spinning Back Kick	60. Roundhouse Kick - Hook Kick - Back Kick

ADVANCED COMBINATIONS (61-100)

61. Jab - Cross - Hook - Roundhouse Kick - Spinning Hook Kick	81. Front Kick - Side Kick - Roundhouse Kick
62. Side Kick - Roundhouse Kick - Spinning Hook Kick - Jumping Back Kick	82. Cross - Hook - Roundhouse Kick - Jumping Hook Kick
63. Front Kick - Jab - Cross - Roundhouse Kick - Spinning Back Kick	83. Jab - Cross - Roundhouse Kick - Spinning Hook Kick
64. Double Roundhouse Kick - Axe Kick - Spinning Hook Kick - Back Kick	84. Double Front Kick - Cross - Hook
65. Hook Kick - Roundhouse Kick - Jumping Back Kick	85. Roundhouse Kick - Hook Kick - Axe Kick
66. Cross - Hook - Roundhouse Kick - Spinning Hook Kick	86. Cross - Hook - Spinning Hook Kick - Back Kick
67. Side Kick - Roundhouse Kick - Spinning Hook Kick - Jumping Back Kick	87. Front Kick - Jab - Cross - Hook Kick
68. Front Kick - Roundhouse Kick - Axe Kick	88. Roundhouse Kick - Jumping Hook Kick - Back Kick
69. Roundhouse Kick - Spinning Back Kick - Hook Kick	89. Double Roundhouse Kick - Spinning Back Kick - Hook Kick
70. Cross - Hook - Side Kick - Spinning Hook Kick	90. Cross - Hook - Roundhouse Kick - Axe Kick
71. Front Kick - Hook Kick - Back Kick	91. Front Kick - Cross - Hook - Roundhouse Kick
72. Double Roundhouse Kick - Jumping Hook Kick	92. Roundhouse Kick - Hook Kick - Spinning Hook Kick
73. Cross - Hook - Roundhouse Kick - Spinning Back Kick	93. Cross - Hook - Side Kick - Roundhouse Kick
74. Side Kick - Cross - Hook	94. Front Kick - Roundhouse Kick - Spinning Back Kick
75. Roundhouse Kick - Axe Kick - Spinning Hook Kick	95. Double Roundhouse Kick - Hook Kick - Jumping Hook Kick
76. Front Kick - Double Roundhouse Kick	96. Cross - Hook - Roundhouse Kick - Spinning Hook Kick - Back Kick
77. Cross - Hook - Side Kick - Roundhouse Kick	97. Front Kick - Roundhouse Kick - Axe Kick - Hook Kick
78. Jab - Cross - Hook - Spinning Back Kick	98. Jab - Cross - Roundhouse Kick - Spinning Hook Kick - Back Kick
79. Hook Kick - Roundhouse Kick - Spinning Back Kick	99. Side Kick - Roundhouse Kick - Hook Kick - Jumping Hook Kick

80. Double Roundhouse Kick - Cross - Hook - Roundhouse Kick	100. Double Roundhouse Kick - Cross - Hook - Roundhouse Kick - Spinning Hook Kick
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SPARRING MOVEMENT AND FOOTWORK

BASIC MOVEMENT DRILLS (1-20)

1. **Forward and Backward Movement:** Move forward and backward in fighting stance.
2. **Side-to-Side Movement:** Move left and right while maintaining balance.
3. **Circular Movement:** Move in a circle around a partner or cone.
4. **Step-In and Step-Out:** Quickly step in and out of striking range.
5. **Lateral Shuffles:** Shuffle side-to-side, keeping the stance low.
6. **Forward Lunge:** Lunge forward and return to stance.
7. **Backward Lunge:** Lunge backward and return to stance.
8. **Pivot Drills:** Pivot on the front foot to change direction.
9. **Triangle Footwork:** Move in a triangular pattern to practice angular attacks.
10. **Jab and Move:** Jab while moving forward, backward, and side-to-side.
11. **Cross and Move:** Cross punch with forward and backward movement.
12. **Foot Switches:** Rapidly switch front and back foot positions.
13. **Shadow Sparring:** Practice movement and footwork without a partner.
14. **Lateral Step and Kick:** Step sideways and deliver a kick.
15. **Forward Step and Kick:** Step forward and deliver a kick.
16. **Backward Step and Kick:** Step backward and deliver a kick.
17. **Quick Steps:** Quick, small steps in different directions.
18. **Movement with Blocking:** Move while performing basic blocks.
19. **In-and-Out Drills:** Step in for a strike and quickly step out.
20. **Circle and Jab:** Move in a circle while throwing jabs.

INTERMEDIATE MOVEMENT DRILLS (21-40)

21. **Triangle Stepping:** Combine forward, side, and backward steps.
22. **Diagonal Movement:** Move diagonally forward and backward.
23. **Side Step and Counter:** Side step and deliver a counterattack.
24. **Forward and Backward Dashes:** Quick dashes forward and backward.

25. **Angle Changes:** Change angles quickly while moving.
26. **Circle and Kick:** Move in a circle while delivering kicks.
27. **Slip and Move:** Slip punches and move to a new position.
28. **Combination Footwork:** Combine different footwork patterns.
29. **Step-Through Kicks:** Step through and deliver a kick.
30. **Four-Corner Movement:** Move to the four corners of a square.
31. **Lateral Lunges:** Lunge sideways and return to stance.
32. **Fake and Move:** Fake a move and quickly change direction.
33. **Step-Back and Counter:** Step back to avoid and counter.
34. **Side-Step Kicks:** Side-step and deliver a kick.
35. **Back-Step Kicks:** Step back and deliver a kick.
36. **Footwork Ladder:** Use a ladder drill to improve foot speed.
37. **Hop and Move:** Small hops in different directions.
38. **Backpedal Drills:** Move backward rapidly.
39. **Cutting Angles:** Move at sharp angles to evade.
40. **Evasion Drills:** Practice evading strikes with footwork.

ADVANCED MOVEMENT DRILLS (41-60)

41. **Double Step:** Take two quick steps in the same direction.
42. **Step-Through Punches:** Step through and deliver punches.
43. **Switch Step and Kick:** Switch stance and deliver a kick.
44. **Circle and Counter:** Circle an opponent and counterattack.
45. **Lateral Movement with Combos:** Combine lateral movement with strike combinations.
46. **Backstep and Spin Kick:** Step back and deliver a spinning kick.
47. **Footwork with Feints:** Incorporate feints into footwork.
48. **Pivot and Kick:** Pivot on the front foot and kick.
49. **Angle Step and Strike:** Step at an angle and deliver a strike.
50. **Step-Over Drills:** Step over obstacles while maintaining stance.
51. **Jump and Move:** Small jumps in different directions.
52. **Evasive Footwork:** Practice evasive maneuvers against an imaginary opponent.
53. **Agility Cone Drills:** Use cones to practice quick direction changes.
54. **Mirror Drills:** Mirror a partner's movements.
55. **Slide and Strike:** Slide in any direction and strike.
56. **Footwork with Partner:** Practice footwork with a partner.
57. **Dynamic Footwork:** Combine multiple footwork drills dynamically.
58. **Step-In and Spin:** Step in and execute a spinning technique.
59. **Random Movement:** Move randomly while maintaining stance.
60. **Flow Drills:** Continuous movement and striking without stopping.

DEFENSIVE MOVEMENT DRILLS (61-80)

61. **Slip and Counter:** Slip a punch and counterattack.
62. **Duck and Move:** Duck under a strike and move.
63. **Parry and Step:** Parry a strike and step to a new position.
64. **Step-Back and Pivot:** Step back and pivot to change angles.
65. **Side Step and Parry:** Side step and parry an attack.

- 66. **Back Step and Parry:** Step back and parry a strike.
- 67. **Evasion and Counter:** Evade a strike and counterattack.
- 68. **Defensive Angling:** Move to defensive angles while avoiding attacks.
- 69. **Circular Evasion:** Move in a circular pattern to evade.
- 70. **Backward Evasion:** Move backward rapidly to evade.
- 71. **Side-to-Side Evasion:** Move side-to-side to avoid attacks.
- 72. **Forward Evasion:** Move forward to close distance and evade.
- 73. **Feint and Evasion:** Feint an attack and evade.
- 74. **Evasive Combos:** Combine evasion with strike combinations.
- 75. **Defensive Step-Through:** Step through defensively and counter.
- 76. **Defensive Foot Switch:** Switch feet to avoid an attack.
- 77. **Defensive Pivots:** Pivot to avoid strikes and counter.
- 78. **Defensive Angle Changes:** Change angles while defending.
- 79. **Evasive Lunges:** Lunge to evade and return to stance.
- 80. **Evasion with Partner:** Practice evasive maneuvers with a partner.

CONDITIONING AND AGILITY DRILLS (81-100)

- 81. **Jump Rope:** Improve overall foot speed and agility.
- 82. **Ladder Drills:** Enhance foot speed and coordination.
- 83. **Cone Drills:** Quick changes in direction using cones.
- 84. **High Knees:** Improve leg strength and speed.
- 85. **Butt Kicks:** Enhance hamstring flexibility and speed.
- 86. **Bounding Drills:** Long strides to improve explosive power.
- 87. **Sprint Drills:** Short, intense sprints to build speed.
- 88. **Hill Sprints:** Improve leg strength and endurance.
- 89. **Box Jumps:** Increase explosive power and agility.
- 90. **Side-to-Side Jumps:** Improve lateral movement speed.
- 91. **Burpees:** Enhance overall conditioning and explosiveness.
- 92. **Plyometric Drills:** Improve explosive power.
- 93. **Dynamic Stretching:** Maintain flexibility and reduce injury risk.
- 94. **Agility Rings:** Quick steps through agility rings.
- 95. **Balance Drills:** Improve balance and stability.
- 96. **Reaction Drills:** Improve reaction time and quickness.
- 97. **Footwork Drills with Resistance Bands:** Increase leg strength.
- 98. **Medicine Ball Throws:** Enhance core strength and balance.
- 99. **Single-Leg Hops:** Improve single-leg strength and balance.
- 100. **Dynamic Footwork Combinations:** Combine multiple footwork drills into one continuous flow.

BOXING COMBINATIONS

BASIC COMBINATIONS

1. Jab - Cross	6. Jab - Cross - Left Hook - Cross
2. Jab - Cross - Left Hook	7. Double Jab - Cross
3. Jab - Cross - Left Hook - Right Hook	8. Jab - Jab - Cross
4. Jab - Cross - Left Uppercut	9. Cross - Left Hook
5. Jab - Cross - Left Hook - Right Uppercut	10. Cross - Left Hook - Cross

INTERMEDIATE COMBINATIONS

11. Jab - Cross - Slip Right - Cross	16. Jab - Cross - Left Uppercut - Right Hook
12. Jab - Cross - Slip Left - Left Hook	17. Double Jab - Cross - Left Hook
13. Jab - Cross - Slip Right - Right Hook	18. Jab - Cross - Left Hook - Right Hook - Left Hook
14. Jab - Cross - Left Hook - Slip Left - Left Hook	19. Jab - Cross - Left Uppercut - Right Hook - Left Hook
15. Jab - Cross - Left Hook - Slip Right - Right Uppercut	20. Jab - Cross - Right Uppercut - Left Hook - Cross

ADVANCED COMBINATIONS

21. Jab - Cross - Left Hook - Slip Left - Left Hook - Cross	26. Double Jab - Cross - Left Hook - Slip Right - Right Hook
22. Jab - Cross - Left Hook - Slip Right - Right Hook - Cross	27. Jab - Cross - Left Uppercut - Right Uppercut - Left Hook
23. Jab - Cross - Left Hook - Right Uppercut - Left Hook - Cross	28. Jab - Cross - Right Hook - Left Hook - Cross
24. Jab - Cross - Left Uppercut - Right Hook - Slip Left - Left Uppercut	29. Jab - Cross - Left Hook - Slip Left - Left Uppercut - Cross
25. Jab - Cross - Left Hook - Slip Right - Right Uppercut - Left Hook	30. Jab - Cross - Slip Right - Right Hook - Left Hook - Cross

FOOTWORK COMBINATIONS

31. Jab - Pivot Left – Cross	36. Jab - Cross - Pivot Left - Cross
32. Jab - Step Right - Cross	37. Jab - Step Back - Cross - Left Hook
33. Double Jab - Step Back - Cross	38. Double Jab - Pivot Right - Cross
34. Jab - Step Left - Left Hook	39. Jab - Cross - Step Left - Left Hook - Cross
35. Jab - Cross - Step Right - Left Hook	40. Jab - Cross - Pivot Right - Right Hook

DEFENSIVE COMBINATIONS

- 41. Jab - Cross - Slip Left - Left Hook - Slip Right - Cross
- 42. Jab - Cross - Slip Right - Right Uppercut - Left Hook - Cross
- 43. Jab - Cross - Duck - Left Hook - Cross
- 44. Jab - Cross - Slip Left - Left Uppercut - Cross
- 45. Double Jab - Cross - Slip Right - Right Hook - Cross
- 46. Jab - Cross - Duck - Left Hook - Right Hook
- 47. Jab - Cross - Slip Right - Right Hook - Slip Left - Left Hook
- 48. Jab - Cross - Left Hook - Slip Right - Right Uppercut - Cross
- 49. Double Jab - Cross - Slip Left - Left Hook - Cross
- 50. Jab - Cross - Left Hook - Slip Right - Right Uppercut - Left Hook

POWER PUNCH COMBINATIONS

- 51. Jab - Cross - Right Hook
- 52. Jab - Cross - Left Hook - Right Hook
- 53. Jab - Cross - Left Hook - Right Hook - Left Hook
- 54. Jab - Cross - Right Uppercut

- 55. Jab - Cross - Left Hook - Right Uppercut
- 56. Jab - Cross - Left Hook - Right Uppercut - Left Hook
- 57. Jab - Cross - Right Hook - Left Uppercut
- 58. Jab - Cross - Left Hook - Right Hook - Cross
- 59. Jab - Cross - Left Uppercut - Right Hook - Left Hook
- 60. Jab - Cross - Right Hook - Left Hook - Cross

SPEED COMBINATIONS

- 61. Jab - Jab - Cross - Left Hook
- 62. Double Jab - Cross - Left Hook - Cross
- 63. Jab - Cross - Left Hook - Right Uppercut
- 64. Jab - Cross - Left Hook - Right Hook - Left Hook
- 65. Jab - Cross - Right Hook - Left Hook - Cross
- 66. Double Jab - Cross - Left Uppercut - Right Hook
- 67. Jab - Cross - Slip Right - Right Hook - Left Hook
- 68. Jab - Cross - Left Hook - Slip Left - Left Uppercut
- 69. Jab - Cross - Slip Right - Right Uppercut - Left Hook
- 70. Jab - Cross - Slip Left - Left Hook - Right Uppercut

COMBINATION CHAINS

- 71. Jab - Cross - Left Hook - Cross - Left Hook
- 72. Double Jab - Cross - Left Hook - Right Uppercut - Left Hook
- 73. Jab - Cross - Slip Right - Right Hook - Left Hook - Cross
- 74. Jab - Cross - Left Hook - Right Uppercut - Left Hook - Cross
- 75. Jab - Cross - Left Uppercut - Right Hook - Slip Left - Left Uppercut - Cross
- 76. Double Jab - Cross - Slip Left - Left Hook - Right Uppercut - Cross

77. Jab - Cross - Slip Right - Right Uppercut - Left Hook - Cross - Left Hook

78. Jab - Cross - Slip Left - Left Uppercut - Cross - Left Hook - Cross

79. Jab - Cross - Left Hook - Slip Right - Right Uppercut - Left Hook - Cross

80. Double Jab - Cross - Left Hook - Slip Left - Left Uppercut - Cross

MOVEMENT COMBINATIONS

81. Jab - Step Right - Cross - Left Hook

82. Double Jab - Pivot Left - Cross - Left Hook

83. Jab - Cross - Step Back - Cross - Left Hook

84. Jab - Cross - Pivot Right - Right Uppercut

85. Jab - Cross - Step Left - Left Uppercut - Right Hook

86. Jab - Cross - Pivot Left - Cross - Left Hook

87. Double Jab - Step Right - Cross - Left Hook

88. Jab - Cross - Step Back - Left Hook - Cross

89. Jab - Cross - Pivot Right - Right Hook - Left Uppercut

90. Jab - Cross - Step Left - Left Hook - Cross

DEFENSIVE MOVEMENT COMBINATIONS

91. Jab - Cross - Slip Right - Right Uppercut - Pivot Left - Cross

92. Double Jab - Cross - Slip Left - Left Hook - Pivot Right - Cross

93. Jab - Cross - Slip Right - Right Hook - Step Back - Cross

94. Jab - Cross - Slip Left - Left Hook - Step Right - Cross

95. Double Jab - Cross - Slip Right - Right Uppercut - Step Left - Left Hook

96. Jab - Cross - Slip Left - Left Uppercut - Pivot Right - Right Hook

97. Jab - Cross - Slip Right - Right Hook - Step Back - Left Hook

98. Double Jab - Cross - Slip Left - Left Hook - Step Back - Cross

99. Jab - Cross - Slip Right - Right Uppercut - Pivot Left - Left Hook

100. Jab - Cross - Slip Left - Left Uppercut - Step Right - Right Hook