**School Code:**

* Cleanliness - Students must be clean not only in appearance but in mind, soul, body, and personal environment.
* Discipline - Students must practice self-discipline in their own actions, being consistent by finishing what they begin and working diligently to accomplish their goals.
* Responsibility - Students must be credible, being a man or woman of their word, while taking responsibility for their own actions.
* Humility - Students must respect others and life itself, while being humble in manner.
* Courage - Students must be able to protect themselves and others and be ready to fight against injustice.

**4 Elements of Success:**

* Honesty - There must be honesty in all social relationships, between husband and wife, parent and child, and between God and oneself.
* Diligence - Hard work and enthusiasm breed success. Diligence means doing all work, however menial, the right way and with pride, all the time.
* Cooperation - Success requires mutual help toward each other. Once this is established, efficiency and respect are the results.
* Courage - Justice must be protected. Righteousness and equality ensures each man just treatment and creates great cohesion in a successful society.

**5 Tenets of Form Performance:**

* Balance - Through Stance
* Spirit - Through Kihap
* Power - Through Speed
* Focus - Through Eye Contact
* Confidence - Through Perfection

**5 Elements Of Tae Kwon Do Discipline:**

* Listen Well - Always have eye contact with a speaker, together with a high level of concentration.
* Obey Instructors - You must always provide 100% obedience, not only to instructors, but also parents, teachers, and coaches. Before you complain or disagree, take action and follow instructions with an attitude of respect and appreciation.
* 100% Effort - Maximum effort, always, without wasting time.
* Responsibility - Students and instructors must be responsible to our school. This includes the attendance of class two or three times per week at minimum, attending promotion testings, tournaments, and demonstrations. Lesson fees must be paid on time and our facility and all of its equipment must always be treated with respect.
* Observe the Rules - Students must keep our school rules. Our classes are organized and run at specific times, students must be on time and observe class etiquette by addressing instructors and fellow students with respect. We must always have a sincere and humble attitude.

**3 Elements of Tae Kwon Do Philosophy:**

* Be Prepared and Fear Not - Preparation gives confidence, both mental and physical confidence. For example, if your roof has a leak, when it rains you will be afraid that water will come through. Once repairs are made you are at ease and confident that you will be dry. As in Tae Kwon Do, once one is physically and mentally prepared, one becomes free from fears of inadequacy and harassment and a surge of confidence flows from within.
* Mutual Prosperity - Man needs others to survive, for no man is an island. Because man needs his brothers and sisters, he must care for and respect all of his his neighbors. Tae Kwon Do is a reflection of the idea that man must appreciate all human life.
* Perfect Practice Makes Perfect:

Perfection brings Confidence.
Confidence brings Better Spirit.
Better Spirit brings Better Production.
Better Production brings Happiness and Harmony.

**6 Elements Of Tae Kwon Do Leadership:**

* *Chi* = Knowledge
* *Shin* = Credibility
* *Inn* = Virtue
* *Yong* = Courage
* *Um* = Discipline
* *Eui* = Justice

**Exerpt from the Book of Five Rings:**

Rules for learning the art of military science

1. Think of what is right and true
2. Practice and cultivate the science
3. Become acquainted with the arts
4. Know the principles of the crafts
5. Understand the harm and benefit in everything
6. Learn to see everything accurately
7. Become aware of what is not obvious
8. Be careful even in small matters
9. Do not do anything useless

**Code of the Hwarang**

* Loyalty to king
* Obedience to parents
* Trust among friends
* Never retreat in battle
* Justice in fighting

Rank Requirements

**White Belt First Class**

Forms: Ki Bon Cho Dan,

Palgue Il Jang

One Steps: 1-5

New Combos: 1-3

Breaking: Bottomfist and Front kick

Terminology: Count to 10 in Korean

**Yellow Belt Yellow Belt First Class**

Forms: Tae Guk Il Jang Forms: Palgue E Jang

Judo: 1-5 One Steps: 6-10

New Combos: 4-6 New Combos: 7-9

Breaking: Elbow strike, Breaking: Reverse punch

Skip side kick Turning Back Kick

Terminology: Basic Terminology Section Terminology: School Code

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

**Orange Belt Orange Belt First Class**

Forms: Tae Guk E Jang Forms: Palgue Sam Jang

Judo: 6-10 One Steps: 11-15

New Combos: 10-12 New Combos: 13-15

Breaking: Axe Kick, Breaking: Roundhouse kick,

Forward Punch Knifehand strike

Terminology: 4 Basic Blocks and 4 Basic Kicks Terminology: 4 Elements of Success

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

**Green Belt Green Belt First Class**

Forms: Tae Guk Sam Jang Forms: Palgue Sa Jang

Judo: One Steps: 16-20

New Combos: 16-18 New Combos: 19-21

Breaking: Skip Front kick Breaking: Skip Roundhouse kick

Palm strike Descending elbow strike

Terminology: Basic Strikes Terminology: 5 Tenets of Form

Performance

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

 1 Judo Randori match 1 Judo Randori match

**Blue Belt Blue Belt First Class**

Forms: Tae Guk Sa Jang Forms: Palgue O Jang

Hapkido/Aikido: 1-5 One Steps: 21-25

New Combos: 22-24 New Combos: 25-27

Breaking: Wheel kick Breaking: Flying front kick

Ridgehand strike Jumping Reverse punch

Terminology: Other Strikes Terminology: 5 Elements TKD Discipline

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

 1 Judo Randori match 1 Judo Randori match

**Purple Belt Purple Belt First Class**

Forms: Tae Guk O Jang Forms: Palgue Yuk Jang

Hapkido/Aikido: 6-10 One Steps: 26-30

New Combos: 28-30 New Combos: 31-33

Breaking: Flying Side Kick Breaking: Hook Kick

Descending Knifehand Uppercut punch

Terminology: 20-100 counting Terminology: 3 Elements TKD Philosophy

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

 1 Judo Randori match 1 Judo Randori match

**Brown Belt Brown Belt First Class**

Forms: Tae Guk Yuk Jang Forms: Palgue Chil Jang

Grappling: Basic Positions and Changes One Steps: 31-35

New Combos: 31-33 New Combos: 34-36

Breaking: Descending punch Breaking: Spinning Bottomfist

Jumping Spinning Roundhouse Front/Side kick w/out

 stepping down

Terminology: Advancing kicks Terminology: 6 Elements TKD Leadership

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

 1 Judo Randori match 1 Judo Randori match

 1 Two on one TKD sparring 1 Two on one TKD sparring

**Red Belt Red Belt First Class**

Forms: Tae Guk Chil Jang Forms: Palgue Pal Jang

Grappling: 1-5 One Steps: 36-40

New Combos: 37-39 New Combos: 40-42

Breaking: Skip Roundhouse Kick Breaking: Double Punch

Knee Strike Double Uppercut

Terminology: Advancing Kick Types, Breakfalls Terminology: Exerpt Book of 5 Rings

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

 1 Judo Randori match 1 Judo Randori match

 1 Two on one TKD sparring 1 Two on one TKD sparring

**Red Black Belt Black Belt**

Forms: Tae Guk Pal Jang Forms: Wharang

Koryo

Grappling: 6-10 One Steps: Tuk Gong Mul Sol 1-10

New Combos: 43-45 New Combos: 45-48

Breaking: Jump Turning Back Kick Breaking: 10 Preapproved

Terminology: Code of the Hwarang Thesis: Determined by Master

Randori: 2 One on one TKD sparring Randori: 2 One on one TKD sparring

 1 Judo Randori match 1 Judo Randori match

 1 Two on one TKD sparring 1 Two on one TKD sparring

 1 Grappling Randori 1 Grappling Randori

 Aikido Randori