

	Curriculum (Physical) STRIPES				Black (Mental) STRIPES			Min hrs.
	All Students			LS Students	Lifeskill	Consistency	Promote	
	RED	WHITE	BLUE	YELLOW				
white	Basics	Form of the Cycle	Self Defense	Weapon	Life Skill	6 hours but student should be attending 2 classes/week		12
	Songahmn Spirit of Taekwondo	Great Attitude	One-Step Sparring	Board Break				
orange	Basics	Form of the Cycle	Self Defense	Weapon	Life Skill	7 hours but student should be attending 2 classes/week		14
	Songahmn Spirit of Taekwondo	Great Attitude	One-Step Sparring	Board Break				
yellow	Basics	Form of the Cycle	Self Defense	Weapon	Life Skill	7 hours but student should be attending 2 classes/week		14
	Songahmn Spirit of Taekwondo	Great Attitude	One-Step Sparring	Board Break				
camo	Basics	Form of the Cycle	Self Defense	1 Station Board Break	hand out Life Skill Note	8 hours but student should be attending 2 classes/week		16
		Marital Atrs Attitude	Sparring Combinations	Weapon	due 4th - 5th class	due by the 4th week		
green	Basics	Form of the Cycle	Self Defense	1 Station Board Break	hand out Life Skill Note	8 hours but student should be attending 2 classes/week		16
		Great Attitude	Sparring Combinations	Weapon	due 4th - 5th class	due by the 4th week		
purple	Basics	Form of the Cycle	Self Defense	2 Station Combat Board Break	hand out Life Skill Note	8 hours but student should be attending 2 classes/week		16
		Great Attitude	Free Sparring	Weapon	due 4th - 5th class	due by the 4th week		
blue	Basics	Form of the Cycle	Self Defense	2 Station Combat Board Break	hand out Life Skill Note	8 hours but student should be attending 2 classes/week		16
		Black Belt Attitude	Free Sparring	Weapon	due 4th - 5th class	due by the 4th week		
brown	Basics	Form of the Cycle	Self Defense	3 Station Combat Board Break	None Required	None Required		18
		Black Belt Attitude	Free Sparring	Weapon				
red	Basics	Form of the Cycle	Self Defense	3 Station Combat Board Break	None Required	None Required		21
		Black Belt Attitude	Free Sparring	Weapon				
1BR	None required				None Required			42

B A S I C S

	BLOCKS	STRIKES	KICKS	STANCES
White	high low inner forearm	punch reverse punch knifehand	# 1 - 4 front # 1 - 4- side	ready front middle
Orange	Outer forearm double outerforearm twin low	back fist	# 1 - 4 round	back
Yellow	double knifehand knifehand low knifehand high	spearhand	# 1 - 4 crescent # 1 -4 jump front	
Camo	twin inner forearm		reverse side step reverse side spin side step spin side	sparring
Green	twin outer forearm	ridgehand reverse horizontal spearhand	reverse crescent step reverse crescent spin crescent step spin crescent # 1 - 4 jump side	T
Purple	square front high/low knifehand	reverse horizontal elbow vertical back elbow vertical punch	# 1 - 4 hook reverse hook step reverse hook spin hook step spin hook #1 - 4 jump crescent #1 - 4 jump round	close
Blue	low X ridgehand horizontal palm heel knifehand square side high/low	twin upset punch reverse upward elbow upset knifehand head grab-knee	jump reverse crescent step jump reverse cresnet jump spin crescent step jump spin cresnet step reverse round	
Brown	palm upset double knifehand low side high/low knifehand high X low double outerforearm	upset ridgehand palm heel	# 1 - 4 heel kick reverse heel step reverse heel spin heel step spin heel	rear
Red	double inner forearm knifehand high X	horizontal back elbow extended upset ridgehand reverse upset punch palm heel	# 3 jump round reverse hook # 1 - 4 jump hook jump reverse hook step jump reverse hook jup spin hook step jump reverse hook	
1BR			# 1 -4 Axe jump reverse heel step jump reverse heel jump spin heel step jump spin heel	