



Tae Kwon Do Curriculum



WHITE BELT CURRICULUM

STUDENTS TESTING FOR THEIR HIGH WHITE BELT MUST KNOW ALL OF THE FOLLOWING:

WHITE: Innocence, a beginning student who has no previous knowledge of taekwondo.

Number System:

| | |
|---------|--------|
| Ha-na | One |
| Tul | Two |
| Set | Three |
| Net | Four |
| Ta-sot | Five |
| Yo-set | Six |
| IL-gohp | Seven |
| Yo-dul | Eight |
| A-hoop | Nine |
| Yuhl | Ten |
| Se-mul | Twenty |

WHITE BELT FORMS:

- Basic One / Ki-Cho Il Bo (20 movements)
 - Upper Block
 - Lower Block
 - Inner Block
 - Outer Block
 - Front Stance
 - Walking Stance
 - Horseback Riding Stance

REQUIRED TECHNIQUES:

- Front Kick
- Roundhouse Kick
- Side Kick
- Jab Punch
- Cross Punch
- Two-step
- Axe Kick

COMBINATIONS:

- Jab, cross, back-leg roundhouse kick
- Jab, cross, front kick, roundhouse kick
- Jab, cross, back-leg axe kick

SPARRING TECHNIQUE:

- #1 Two-step in jab-cross, back-leg roundhouse

BOARD BREAK:

- Back-leg Side Kick



HIGH WHITE BELT CURRICULUM

STUDENTS TESTING FOR THEIR YELLOW BELT MUST KNOW ALL OF THE FOLLOWING:

Student Creed:

I will develop myself in a positive manner and avoid anything that will reduce my mental growth or my physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively to help myself and my fellow man and never to be abusive or offensive.

HIGH WHITE BELT FORM:

- Taeguk ILL Jang (18 movements)
- The Symbol is Heaven (KEON)

REQUIRED TECHNIQUES:

- Back Stance
- Skipping step forward and back
- Sliding step forward and back
- Switching front and roundhouse kicks
- Stepping-in front, axe and roundhouse kicks (Two-step with front-leg)
- Overhand cross punch
- Step behind side kick

COMBINATIONS:

- Switching front kick, stepping-in roundhouse kick
- Switch, stepping-in roundhouse kick, jab cross
- Two-step in, Overhand cross punch, switching roundhouse kick
- Switching front kick, stepping-in axe kick
- Jab, step behind side kick

SPARRING TECHNIQUE:

- #2 Back-leg Roundhouse, step behind side kick

BOARD BREAK:

- Step Behind Side Kick



YELLOW BELT CURRICULUM

STUDENTS TESTING FOR THEIR HIGH YELLOW BELT MUST KNOW ALL OF THE FOLLOWING:

GOLD (the color symbol for yellow belt): Earth, from which a plant sprouts and takes root as the foundation of Tae Kwon Do is being laid.

THE EIGHT MANNERS OF SOLEMNITY:

View Rightly
Feel Rightly
Think Rightly
Speak Rightly
Order Rightly
Contribute Rightly
Conduct Rightly
Use Ability

YELLOW BELT FORM:

- Taeguk Ee Jang (18 Movements)
- The Symbol is Joy (TAE)

REQUIRED TECHNIQUES:

- Sliding step
- Skipping step
- Sliding front, axe, side and roundhouse kicks
- Skipping front, axe, side and roundhouse kicks
- Uppercut punch
- Wheel Kick
- Back-leg over the shoulder roundhouse kick

COMBINATIONS:

- Jab, cross, uppercut
- Two-step in jab, cross, back-leg sliding roundhouse kick
- Skipping roundhouse, switching front
- Skipping side kick, cross punch, uppercut punch
- Back-leg wheel kick, skipping side kick

SPARRING TECHNIQUE:

- #3 Two-step in, over the shoulder roundhouse, step behind side kick

BOARD BREAK:

- Axe Kick



HIGH YELLOW BELT CURRICULUM

STUDENTS TESTING FOR THEIR GREEN BELT MUST KNOW ALL OF THE FOLLOWING:

MUST KNOW THE STUDENT CREED AND THE EIGHT MANNERS OF SOLEMNITY:

HWA RANG DO KAE:

Loyalty to one's country and his instructor
Courtesy and love to one's parents
Trust among friends
Never retreat from battle
Know when to defend yourself and when to walk away

HIGH YELLOW BELT FORM:

- Taeguk Sum Jang (20 Movements)
- The symbol is Fire (RI)

REQUIRED TECHNIQUES:

- Hook Kick
- Skipping-in Hook Kick
- Stepping-in hook kick
- Spinning back kick
- Hook punch

COMBINATIONS:

- Without landing down, back-leg hook kick, roundhouse kick.
- Front-leg skipping-in hook kick, stepping-in hook kick
- Back-leg roundhouse to body, without landing down, roundhouse to head.
- Two-step-in hook punch
- Jab, cross, uppercut, hook punch
- Back-leg roundhouse land forward, stepping-in hook kick

SPARRING TECHNIQUE:

- #4 Stepping-in push kick, outside in wheel axe

BOARD BREAK:

- Front Kick



GREEN BELT CURRICULUM

STUDENTS TESTING FOR THEIR HIGH GREEN BELT MUST KNOW ALL OF THE FOLLOWING:

GREEN (color symbol for green belts): Growth, as the young plant grows and flourishes, so does the skill and strength of the student.

THE IMPORTANCE OF FORMS:

- Power, Concentration, Control, Balance, Movement

THE IMPORTANCE OF BREAKING BOARDS:

- Confidence, Focus, Use of your inner strength

THE IMPORTANCE OF SPARRING:

- Speed, Timing, Agility, Concentration, Control, Precision

GREEN BELT FORM:

- Taeguk Sa Jang (20 movements)
- The symbol is Thunder (JIN)

REQUIRED TECHNIQUES:

- Spinning Wheel
- Spear Hand
- Air switching kicks
- Double roundhouse kick
- Tornado step
- Elbow strikes
- Step in Spin

COMBINATIONS:

- Stepping-in roundhouse, air switch roundhouse kick.
- Tornado step, Stepping-in roundhouse, air switch roundhouse kick.
- Spinning hook kick, switching front kick
- Switch feet, stepping-in hook kick.
- Back-leg wheel, land forward, spinning wheel

SPARRING TECHNIQUE:

- #5 Stepping-in double roundhouse kick (front-leg first), spinning back kick

BOARD BREAK:

- Spinning back kick



HIGH GREEN BELT CURRICULUM

STUDENTS TESTING FOR THEIR BLUE BELT MUST KNOW ALL OF THE FOLLOWING:

BENEFITS OF A KI-HAP:

Brings out your inner strength
Builds confidence
Breathing control
Increases power in a technique
Potential to ward off an assailant

7 STYLES OF TAEKWONDO

Ji Do Kwan (This is the style we practice)
Han Moo Kwan
Moo Duk Kwan
Chung Do Kwan
Sung Moo Kwan
Chung Moo Kwan
Oh Do Kwan

Ji Do Kwan means: Ji (intelligence, knowledge) Do (the right way to cultivate one's mind) Kwan (the spirit of one's mind)

Tae Kwon Do means: Tae (system of foot techniques) Kwon (system of hand techniques) Do (the art of experiencing the ultimate being through physical and mental physical enlightenment).

HIGH GREEN BELT FORM:

- Taeguk Oh Jang (20 movements)
- The symbol is Wind (SEON)

REQUIRED TECHNIQUES:

- Switching Spin
- Triple Roundhouse (start with back-leg)
- Half switch, with front-leg kicks (front, round, side, axe)
- Air step spin kick
- Spinning Hook kick
- Tornado Wheel and Roundhouse

COMBINATIONS:

- Two-step back, Switching spin
- Back-leg push kick, Step on air spin
- Switching tornado roundhouse kick
- Back-leg roundhouse kick, spinning hook kick.
- Back-leg roundhouse kick, spin kick, spinning hook kick.
- Back-leg wheel kick land down, front-leg side kick, step on air spin kick

SPARRING TECHNIQUE:

- #6 Double roundhouse kick, spinning hook

BOARD BREAK:

- Step in Spinning Back Kick



BLUE BELT CURRICULUM

STUDENTS TESTING FOR THEIR HIGH BLUE BELT MUST KNOW ALL OF THE FOLLOWING:

BLUE (color symbol for blue belt): Heaven, towards which the plant matures into a towering tree, as the student's training and experience progresses in Tae Kwon Do.

THE KOREAN FLAG:

The circle in the middle represents the yin and yang, red being yang & blue being yin. Yin means cloudy or overcast, while yang means banners waving in the sun or something shone upon.

The circle is a symbol for all that exists in a world of opposites: male/female, cloudy/bright, dark/light, yin/yang.

The tany provides substance and limitations through which the yin passes. The results are forms (physical manifestations infused with creative force). Each form is based on this.

The three solid lines in the upper left hand corner represent heaven. The three divided lines in the lower right hand represent earth. The lower left hand corner represents fire. The upper right hand represents water. The white background represents purity and sincerity.

WHY WE WEAR OUR UNIFORM:

It instills pride in the wearer as a practitioner of Tae Kwon Do.

It identifies the individual's attained capacity and degree of Tae Kwon Do education.

The uniform is symbolic of Tae Kwon Do heritage and tradition.

The belt color denotes a grade and degree change which creates motivation while at the same time protects the principles of humility.

BLUE BELT FORM:

- Taeguk Yuk Jang (23 movements)
- The symbol is Water (GAM)

REQUIRED TECHNIQUES:

- Spinning crossing kick
- Step in spinning crossing kick
- Fade away spin kick (#8 step technique with a back kick)
- Running away side kick(step back with a front-leg kick), hook kick and axe kick
- Tornado Axe kick

COMBINATIONS:

- Back-leg roundhouse kick, land forward, spinning crossing kick
- Spinning hook, air step spinning back, triple roundhouse (triple roundhouse starts with back-leg)
- 2 step in block and punch, back-leg roundhouse kick land forward, spin kick, spinning hook
- 2 step back, fade away spin
- Back-leg wheel, tornado wheel, spinning wheel

SPARRING TECHNIQUE:

- #7 two-step-in jab, cross, back-leg roundhouse land forward, spin kick land forward, spinning hook land back, switching roundhouse

BOARD BREAK:

- Jumping Front Kick or Tornado Axe Kick



HIGH BLUE BELT CURRICULUM

STUDENTS TESTING FOR THEIR RED BELT MUST KNOW ALL OF THE FOLLOWING:

THE HISTORY OF TAE KWON DO:

Taekwondo is Korean and means the way of kicking and punching.

During the 6th Century A.D., the Korean peninsula was divided into three kingdoms, Silla, Paekche, and Koguryo. Silla, the smallest was in constant exposure of danger and being overrun by her more powerful neighbors. In response to their pressure, Silla assembled an elite fighting corps of young members of the higher class, which they called “Hwarangdo” or “Flower Youth Corps”.

The fighting form of the Hwarangdo was known as Taekyon. At Kyungju, the ancient capital of Silla, two Buddhist images are inscribed on the Kumgang Giant Tower portraying two giants facing each other in a Taekwondo stance. About 935 A.D. the art evolved into Soobokdo. It was the first art which combined the mind and the body into one art. In the Yi Dynasty about 1932 A.D., Soobokdo became a requirement to enter military schools.

The art grew and evolved into Taekwondo as we know it today. Taekwondo was first introduced into the United States in the 1950's. In 1973, the first World Taekwondo Championships were held in Seoul, Korea, which led to the formation of the World Taekwondo Federation. In 1974, Taekwondo was admitted into the AAU. In 1980, Taekwondo was formally recognized by the International Olympic Committee as a Class A sport, leading the way for Taekwondo to be admitted into the 1988 Olympic Games in Seoul, Korea as a demonstration sport. Finally, Taekwondo became a full medal sport in the year 2000 at the summer Olympic Games in Sydney, Australia.

HIGH BLUE BELT FORM:

- Taeguk Chil Jang (25 movements)
- The symbol is Mountain (GAN)

REQUIRED TECHNIQUES:

- Flying side kick
- Spinning Roundhouse Kick
- Jump spinning hook and wheel kick

COMBINATIONS:

- Spinning crossing kick, land back, switching spin kick, land forward
- Running away side kick (step back with a front-leg kick), spinning crossing kick
- Jab, step behind side kick, switching roundhouse kick, spinning hook kick
- Front-leg skipping-in hook kick, step on air spin
- Spin kick, Spinning wheel, spinning hook kick, spinning crossing kick.

SPARRING TECHNIQUE:

- #8 Spin-step, stepping-in double roundhouse kick

BOARD BREAK:

- Spinning Crossing Kick (Whip Kick)



RED BELT CURRICULUM

STUDENTS TESTING FOR THEIR HIGH RED BELT MUST KNOW ALL OF THE FOLLOWING:

RED (color symbol for red belt): Danger, like flashing red lights send out a warning to all who see it, so it is with the student who has Black Belt technique, but not Black Belt wisdom, knowledge, and gentleness.

- Explain how power is attained in taekwondo kicks and punches;

Reaction force

Concentration

Equilibrium

Breathing control

- In your own words define, and explain the benefits of:

Self discipline

Mental toughness

Courage

Integrity

Humility

HIGH RED BELT FORM:

- Taeguk Pal Jang (24 movements)
- The symbol is Earth (GON)

REQUIRED TECHNIQUES:

- Scissors kick
- Spinning axe kick

COMBINATIONS:

- Spin kick, spinning wheel, spinning hook, spinning crossing kick
- Tornado roundhouse kick, spinning crossing kick
- Tornado wheel kick, spinning crossing kick

SPARRING TECHNIQUE:

- #9 Triple Roundhouse (start with back-leg), tornado roundhouse

BOARD BREAK:

- Two high level kicks and one hand technique
- Get approval before testing



HIGH RED BELT CURRICULUM

STUDENTS TESTING FOR THEIR DEPUTY BLACK BELT MUST KNOW ALL OF THE FOLLOWING:

- Explain what Tae Kwon Do has done for you:
- Explain Ji Do Kwan patch
- What is the best defense
- Describe A-B-C fighting distances
- Describe telegraph

In your own words define and explain the benefits of:

- Leadership**
- Honor**
- Loyalty**
- Trust**

BLACK BELT FORM:

- Koryo (30 movements) (SEONBAE – an enlightened person, in deed and in spirit)

TECHNIQUES & COMBINATIONS:

- Must know all techniques and combinations from white belt to red belt. Must be prepared to perform any technique or combination the judge asks to see.
- Spinning crossing kick, Tornado wheel kick, spinning crossing kick

SPARRING TECHNIQUE:

- #10 Back-leg roundhouse, land forward, spinning hook, switching roundhouse, tornado roundhouse

BOARD BREAK:

- Three different, high level techniques of your choice must be demonstrated for board break
- Or, two techniques if one is through two boards.
- Get approval before testing



DEPUTY BLACK

Students testing for the Black belt must know the entire curriculum listed below

BLACK (color symbol for all black belts): Impervious to the darkness of fear. A mysticism which compares to the unknown secrets of the universe. As the darkness we come from at birth, so the Black Belt is born into a world of wisdom.

PLEDGE OF MEMBER:

I will observe the rule and absolutely obey the Order of Ji Do Kwan.
 I will attain physical and mental discipline in the spirit of Ji Do Kwan.
 I will devote myself to the creation of new tradition and achievement of Ji Do Kwan.

HWA RANG DO KAE:

Loyalty to one's country and instructor
 Courtesy and love to one's parents.
 Trust amongst friends.
 Never retreat from battle.
 Know when to defend yourself and when to walk away.

THE EIGHT MANNERS OF SOLEMNITY:

| | |
|---------------|--------------------|
| View Rightly | Order Rightly |
| Feel Rightly | Contribute Rightly |
| Think Rightly | Conduct Rightly |
| Speak Rightly | Use Ability |

THE IMPORTANCE OF FORMS:

| | | |
|---------------|---------|-------------------|
| Power | Control | Movement |
| Concentration | Balance | Breathing Control |

THE IMPORTANCE OF SPARRING:

| | | |
|---------|---------------|-----------|
| Speed | Concentration | Precision |
| Agility | Control | Timing |

THE IMPORTANCE OF BREAKING BOARDS:

Builds confidence
 Focus
 Drawing on your inner strength

THE BENEFITS OF A KI-HAP:

Assists in breath control
 Increases power in a delivered technique
 Potential to ward off assailant

THE 7 STYLES OF TAE KWON DO:

| | |
|---------------|----------------|
| Ji Do Kwan | Han Moo Kwan |
| Moo Duk Kwan | Chung Do Kwan |
| Sung Moo Kwan | Chung Moo Kwan |
| Oh Do Kwan | |

- **Ji Do Kwan Means:** Ji (intelligence, knowledge) Do (the right way to cultivate one's mind) Kwan (the spirit of one's mind)
- **Tae Kwon Do Means:** Tae (system of foot techniques) Kwon (system of hand techniques) Do (the art of experiencing the ultimate being through physical and mental enlightenment).

BLACK BELT FORM:

- Koryo (30 movements)

TECHNIQUES & COMBINATIONS:

- Must know all the techniques and combinations from white belt to high red belt. Must be prepared to perform any technique or combination the judge asks to see.
- Back-leg side kick, air switching spin
- Step on air spinning hook and wheel kick

BOARD BREAK:

- 4 different techniques must be demonstrated for board breaks: flying side kick, jumping spin kick, spinning crossing kick speed break, and the 4th technique for board breaking is your choice.

MUST SPAR 3 ROUNDS, 3 MINUTES EACH.

*12 minutes on knuckles.

* 200 knuckle pushups.



BLACK BELT

Students testing for 1st Dan Black belt must know the entire curriculum listed below

BLACK (color symbol for all black belts): Impervious to the darkness of fear. A mysticism which compares to the unknown secrets of the universe. As the darkness we come from at birth, so the Black Belt is born into a world of wisdom.

PLEDGE OF MEMBER:

I will observe the rule and absolutely obey the Order of Ji Do Kwan.
 I will attain physical and mental discipline in the spirit of Ji Do Kwan.
 I will devote myself to the creation of new tradition and achievement of Ji Do Kwan.

HWA RANG DO KAE:

Loyalty to one's country and instructor
 Courtesy and love to one's parents.
 Trust amongst friends.
 Never retreat from battle.
 Know when to defend yourself and when to walk away.

THE EIGHT MANNERS OF SOLEMNITY:

| | |
|---------------|--------------------|
| View Rightly | Order Rightly |
| Feel Rightly | Contribute Rightly |
| Think Rightly | Conduct Rightly |
| Speak Rightly | Use Ability |

THE IMPORTANCE OF FORMS:

| | | |
|---------------|---------|-------------------|
| Power | Control | Movement |
| Concentration | Balance | Breathing Control |

THE IMPORTANCE OF SPARRING:

| | | |
|---------|---------------|-----------|
| Speed | Concentration | Precision |
| Agility | Control | Timing |

THE IMPORTANCE OF BREAKING BOARDS:

Builds confidence
 Focus
 Drawing on your inner strength

THE BENEFITS OF A KI-HAP:





Assists in breath control
 Increases power in a delivered technique
 Potential to ward off assailant

THE 7 STYLES OF TAE KWON DO:

| | |
|---------------|----------------|
| Ji Do Kwan | Han Moo Kwan |
| Moo Duk Kwan | Chung Do Kwan |
| Sung Moo Kwan | Chung Moo Kwan |
| Oh Do Kwan | |

- **Ji Do Kwan Means:** Ji (intelligence, knowledge) Do (the right way to cultivate one's mind) Kwan (the spirit of one's mind)
- **Tae Kwon Do Means:** Tae (system of foot techniques) Kwon (system of hand techniques) Do (the art of experiencing the ultimate being through physical and mental enlightenment).
- **The Korean Flag:**

The white background is a traditional Korean color. It represents peace and purity. The circle in the middle is derived from the philosophy of yin and yang and represents the balance of the universe. The blue section represents the negative cosmic forces, and the red section represents the opposing positive cosmic forces. The trigram together represents the principle of movement and harmony. Each trigram (hangul: kwan) represents one of the four classical elements

| | Name in Korean | Nature | Seasons | Cardinal directions | Four virtues | Family | Four elements | Meanings |
|---|------------------------|------------------|-------------------|---------------------|-------------------------|---------------------|-------------------|-------------------------|
|  | <i>geon</i> (건 / 乾) | sky (천 / 天) | spring (춘 / 春) | east (동 / 東) | humanity (인 / 仁) | father (부 / 父) | heaven (천 / 天) | justice (정의 / 正義) |
|  | <i>ri</i> (리 / 離) | sun (일 / 日) | autumn (추 / 秋) | south (남 / 南) | justice (의 / 義) | daughter (녀 / 女) | fire (화 / 火) | fruition (결실 / 結實) |
|  | <i>gam</i> (감 / 坎) | moon (월 / 月) | winter (동 / 冬) | north (북 / 北) | intelligence (지 / 智) | son (자 / 子) | water (수 / 水) | wisdom (지혜 / 智慧) |
|  | <i>gon</i> (곤 / 坤) | earth (지 / 地) | summer (하 / 夏) | west (서 / 西) | courtesy (예 / 禮) | mother (모 / 母) | earth (토 / 土) | vitality (생명력 / 生命力) |

□ **WHY WE WEAR OUR UNIFORM:**

It instills pride in the wearer as a practitioner of Tae Kwondo.

It identifies the individual's attained capacity and degree of Tae Kwon Do

The uniform is symbolic of Tae Kwon Do heritage and tradition

The belt color denotes a grade and degree change which creates motivation while at the same time protects the principles of humility.

WHAT IS TAE KWON DO?

The art of kicking and punching.

WHAT DOES TAE KWON DO DEVELOP?

It develops the control of one's mind, self-restraint, kindness, humility and physical grace. Also, control of one's body, coordination and balance.

THE HISTORY OF TAE KWON DO:

During the 6th century A.D., the Korean peninsula was divided into three kingdoms: the Silla, the Paekche, and the Koguryo. Koguryo had a system of military training called Sunbae. Sunbae taught mental and physical discipline. This made them into the strongest kingdom. Because Silla was the smallest of the three and in constant exposure of being overrun by her more powerful neighbors, it assembled an elite fighting corps of young members of the higher class. This they called the "Hwarang do" or "Flower Youth Corps" or "Flower Knights". The fighting form of the Hwarang Do was known as Tae Kwon. These "knights" were not only taught military skills but also spiritual training. They eventually defeated both Paekche and Koguryo, because of this training, and united Korea for the first time in recorded history.

In the Koryo dynasty, about one thousand years ago, there were detailed records showing the use of many hand and foot techniques used for military training. Also detailed were many styles of weapon and weaponless fighting.

During the Yi dynasty, which lasted about 500 years, martial arts fell out of popularity due to the trend toward literary arts and intellectual pursuits. The knowledge of martial arts retreated to the Buddhist monasteries.

During the Japanese occupation from 1910 - 1945, Koreans practiced their martial art in secret, and combined the three martial arts: Tang-su, Kong-su, and Tae-sue into one art. When Korean liberation came in 1945, a new name was sought for this art, and in 1955 the name "Tae Kwon Do" was chosen. In 1963 Tae Kwon Do became the national sport. In 1988 it became a demonstration sport for the 24th Olympics in Seoul, Korea. Finally, Taekwondo became a full medal sport in the year 2000 at the Summer Olympic Games in Sydney, Australia.

1st DAN BLACK BELT FORM:

- Koryo (30 movements)
- Must know forms 1-9

TECHNIQUES & COMBINATIONS:

- Must know all the techniques and combinations from white belt to high red belt. Must be prepared to perform any technique or combination the judge asks to see.

FIGHTING TECHNIQUES:

- Must know all the technique's 1-10 and their different variations.

BOARD BREAK:

- 4 different techniques must be demonstrated for board breaks: flying side kick, jumping spin kick, spinning crossing kick speed break, and the 4th technique for board breaking is your choice.

MUST SPAR 4 ROUNDS, 3 MINUTES EACH.

SPARRING TECHNIQUE'S

- #1 TWO-STEP IN JAB CROSS, BACK-LEG ROUNDHOUSE KICK
- #2 BACK-LEG ROUNDHOUSE KICK, STEP IN HOOK KICK
- #3 TWO-STEP IN OVER THE SHOULDER ROUNDHOUSE KICK, STEP BEHIND SIDE KICK
- #4 STEPPING- IN PUSH KICK, OUTSIDE IN WHEEL AXE
- #5 STEPPING- IN DOUBLE ROUNDHOUSE KICK, SPINNING BACK KICK
- #6 DOUBLE ROUNDHOUSE KICK, SPINNING HOOK
- #7 TWO-STEP IN JAB CROSS, BACK-LEG ROUNDHOUSE, LAND FORWARD, SPINNING BACK KICK LAND FORWARD, SPINNING HOOK LAND BACK, SWITCHING ROUNDHOUSE
- #8 SPIN STEP, STEPPING- IN DOUBLE ROUNDHOUSE KICK
- #9 TRIPLE ROUNDHOUSE (start with back-leg), TORNADO ROUNDHOUSE KICK
- #10 BACK-LEG ROUNDHOUSE, LAND FORWARD, SPINNING HOOK LAND BACK, SWITCHING ROUNDHOUSE, TORNADO ROUNDHOUSE.

ADVANCED VARIATIONS

- #5 BACK-LEG PUSH KICK, STEP IN DOUBLE ROUNDHOUSE (start with back-leg), SPIN, SPINNING HOOK
- #6 BACK-LEG PUSH KICK, DOUBLE ROUNDHOUSE (start with back-leg), SPINNING BACK KICK
- #9 TRIPLE ROUNDHOUSE (start with back-leg), TORNADO ROUNDHOUSE, 360 SPINNING HOOK

STEP TECHNIQUE'S

- | | |
|--------------------------|-----------------------|
| #1 TWO-STEP FORWARD | #2 TWO-STEP BACK |
| #3 SKIPPING STEP FORWARD | #4 SKIPPING STEP BACK |
| #5 SLIDDING STEP FORWARD | #6 SLIDDING STEP BACK |
| #7 SPIN STEP FORWARD | #8 SPIN STEP BACK |
| #9 TORNADO STEP FORWARD | #10 TORNADO STEP BACK |