



## WHITE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Basic form #1</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Front kick</li><li>• Round house kick</li><li>• Rising kick</li></ul>
<b>3 STEPS SPARRING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Front kick, round house kick and side kick</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• Hand techniques</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## YELLOW BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek il jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Push kick</li><li>• Side kick</li><li>• Back kick</li></ul>
<b>SPARRING TECHNIQUE #1</b>	<ul style="list-style-type: none"><li>• Slide forward, slide back</li><li>• Step forward</li><li>• Step forward, slide back</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Light contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## ORANGE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek e jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Axe kick</li><li>• Crescent kick</li><li>• Running jump front kick</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 1 breaking technique</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## ORANGE STRIPE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek sam jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Spin hook</li><li>• Fast kick</li><li>• Fast axe kick</li></ul>
<b>SPARRING TECHNIQUE #2</b>	<ul style="list-style-type: none"><li>• Round house back kick</li><li>• step forward slide back round house kick</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## GREEN BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek sa jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Hook kick</li><li>• Double round house kick</li><li>• Running jump round house kick</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 2 breaking techniques</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## GREEN STRIPE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Basic form #2</li></ul>
<b>BASIC STANCE</b>	<ul style="list-style-type: none"><li>• Walking stance low block</li><li>• Front kick - front stance - middle punch</li><li>• Round house kick - back stance double knife hand middle block</li><li>• Side kick - horse stance – knife hand neck chop</li><li>• Back kick - tiger stance - palm block - kihap</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Round house push kick</li><li>• Round house axe kick</li><li>• Round house hook kick</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## PURPLE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek oh jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Bullet kick</li><li>• Tornado kick</li><li>• Running jump side kick</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 2 breaking techniques</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## PURPLE STRIPE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek combination #1</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Running Jump back kick</li><li>• Bullet middle high kick</li></ul>
<b>SPARRING TECHNIQUE #3</b>	<ul style="list-style-type: none"><li>• Bullet tornado back kick</li><li>• Block punch crescent</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>





## BLUE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek yuk jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Round house axe kick</li><li>• Split kick</li><li>• Round house spin hook kick</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 3 breaking techniques</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## BLUE STRIPE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek combination #2</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Side kick punch</li><li>• Triple bullet kick - face kick</li></ul>
<b>SPARRING COMBO #4</b>	<ul style="list-style-type: none"><li>• Cut 2x rh face</li><li>• Cut 2x axe</li><li>• Cut 2x side kick</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## BROWN BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek Chil jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Step tornado kick</li><li>• Jump spin hook kick</li><li>• Jump back kick</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 3 boards breaking</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## BROWN STRIPE BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Basic form #1</li><li>• Tae guek il jang</li><li>• Tae guek e jang</li><li>• Tae guek sam jang</li></ul>
<b>MULTI DIRECTION KICKING</b>	<ul style="list-style-type: none"><li>• 2 rounds 45 seconds each round</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



## RED BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek pal jang</li></ul>
<b>MULTI DIRECTION KICKING</b>	<ul style="list-style-type: none"><li>• 2 rounds 45 seconds each round</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 4 boards breaking</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li><li>• 3 rounds 45 seconds different opponent each round</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>



**RED STRIPE BELT CURRICULUM - Testing for Black Belt (minimum of 6 months)**

<b>ALL POOMSAE</b>	<ul style="list-style-type: none"> <li>• Random selection</li> </ul>
<b>MULTI DIRECTION KICKING</b>	<ul style="list-style-type: none"> <li>• 2 rounds 45 seconds each round</li> </ul>
<b>BREAKING</b>	<ul style="list-style-type: none"> <li>• 10 boards breaking</li> </ul>
<b>SPARRING</b>	<ul style="list-style-type: none"> <li>• 3 rounds 45 seconds</li> <li>• 1 round 45 seconds - two vs one</li> </ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"> <li>• minimum of 6 months training</li> <li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li> <li>• Minimum of 24 training days</li> </ul>
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>• Essay (Topic will be given by Life Coach)</li> <li>• Life Coach and Master orientation (schedule a meeting)</li> <li>• Parent and school recommendation</li> <li>• 30 hours minimum of volunteer (assist in class)</li> <li>• 1 tournament</li> <li>• Kukkiwon application form</li> <li>• \$500 Testing Fee</li> </ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"> <li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I nurture an unconquerable spirit. When I am tested, I will stand firm. When I stumble, I will rise up again. I do not give up until I have overcome my trials, my enemies and myself. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li> </ul>



# 1<sup>ST</sup> DAN BLACK BELT CURRICULUM (rank testing every 3 months)

<b>REQUIREMENTS FOR EVERY RANK TESTING</b>	<ul style="list-style-type: none"><li>• 2 boards breaking</li><li>• Full contact sparring</li><li>• 12 training days</li><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li></ul>
<b>1<sup>st</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Koryo</li></ul>
<b>2<sup>nd</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Basic #1</li><li>• Ill jang</li><li>• Ejang</li></ul>
<b>3<sup>rd</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Kum gang</li></ul>
<b>4<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Sa jang</li><li>• Sam jang</li><li>• Basic #2</li></ul>
<b>5<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Tae baek</li></ul>
<b>6<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Oh jang</li><li>• Chil jang</li><li>• Basic stance</li></ul>
<b>7<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Koryo</li><li>• Pal jang</li></ul>



## 1<sup>ST</sup> DAN, 8<sup>TH</sup> RANK BLACK BELT CURRICULUM (testing for 2<sup>ND</sup> Dan Black Belt)

<b>ALL POOMSAE</b>	<ul style="list-style-type: none"><li>• Random selection</li></ul>
<b>MULTI DIRECTION KICKING</b>	<ul style="list-style-type: none"><li>• 2 rounds 45 seconds each round</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 10 boards breaking</li><li>• 2 thick boards power breaking</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• 3 rounds 45 seconds</li><li>• 1 round 45 seconds - two vs one</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• minimum of 6 months training</li><li>• 4 Life Coaching Sessions (for students who are under 18 years old)</li><li>• Minimum of 24 training days</li></ul>
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"><li>• Essay (Topic will be given by Life Coach)</li><li>• Life Coach and Master orientation (schedule a meeting)</li><li>• Parent and school recommendation</li><li>• 30 hours minimum of volunteer (assist in class)</li><li>• 1 tournament</li><li>• Kukkiwon application form</li><li>• \$600 Testing Fee</li></ul>





## 2<sup>nd</sup> DAN BLACK BELT CURRICULUM (rank testing every 6 months)

<b>REQUIREMENTS FOR EVERY RANK TESTING</b>	<ul style="list-style-type: none"><li>• 3 boards breaking</li><li>• Full contact sparring</li><li>• 3 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 24 training days</li></ul>
<b>1<sup>st</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Kumgang</li></ul>
<b>2<sup>nd</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Tae guek combo 1</li><li>• Tae guek combo 2</li></ul>
<b>3<sup>rd</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Tae baek</li></ul>
<b>4<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Chil jang</li><li>• Pal jang</li></ul>
<b>5<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Pyong won</li></ul>



## 2<sup>nd</sup> DAN, 6<sup>th</sup> RANK BLACK BELT CURRICULUM (testing for 3<sup>rd</sup> Dan Black Belt)

<b>ALL POOMSAE</b>	<ul style="list-style-type: none"><li>• Random selection</li></ul>
<b>MULTI DIRECTION KICKING</b>	<ul style="list-style-type: none"><li>• 2 rounds 45 seconds each round</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 10 boards breaking</li><li>• 3 thick boards power breaking</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• 3 rounds 45 seconds</li><li>• 1 round 45 seconds - two vs one</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• minimum of 6 months training</li><li>• 4 Life Coaching Sessions (for students who are under 18 years old)</li><li>• Minimum of 24 training days</li></ul>
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"><li>• Essay (Topic will be given by Life Coach)</li><li>• Life Coach and Master orientation (schedule a meeting)</li><li>• Parent and school recommendation</li><li>• 30 hours minimum of volunteer (assist in class)</li><li>• 1 tournament</li><li>• Kukkiwon application form</li><li>• \$700 Testing Fee</li></ul>



**3<sup>rd</sup> DAN BLACK BELT CURRICULUM** (rank testing every year)

<p><b>REQUIREMENTS FOR EVERY RANK TESTING</b></p>	<ul style="list-style-type: none"> <li>• 4 combo breaking</li> <li>• Full contact sparring</li> <li>• 4 Life Coaching Sessions (for students who are under 18 years old)</li> <li>• 48 training days</li> </ul>
<p><b>1<sup>st</sup> RANK</b></p>	<ul style="list-style-type: none"> <li>• Random poomsae</li> </ul>
<p><b>2<sup>nd</sup> RANK</b></p>	<ul style="list-style-type: none"> <li>• Random poomsae</li> </ul>
<p><b>3<sup>rd</sup> RANK</b></p>	<p><b>Poomsae</b></p> <ul style="list-style-type: none"> <li>• Pyong won</li> <li>• Sip Jin</li> </ul>
<p><b>4<sup>th</sup> RANK</b> (testing for 4<sup>th</sup> Dan Black Belt)</p>	<p><b>Poomsae</b></p> <ul style="list-style-type: none"> <li>• Random Selection</li> </ul> <p><b>Multi direction kicking</b></p> <ul style="list-style-type: none"> <li>• 2 rounds 45 seconds each round</li> </ul> <p><b>Breaking</b></p> <ul style="list-style-type: none"> <li>• 10 boards breaking</li> <li>• 4 thick boards power breaking</li> </ul> <p><b>Sparring</b></p> <ul style="list-style-type: none"> <li>• 3 rounds 45 seconds</li> <li>• 1 round 45 seconds - two vs one</li> </ul> <p><b>Requirements</b></p> <ul style="list-style-type: none"> <li>• Must be 18 years old to test</li> <li>• Essay (Topic will be given by Life Coach)</li> <li>• Life Coach and Master orientation (schedule a meeting)</li> <li>• 60 hours minimum of volunteer (assist in class)</li> <li>• 2 tournaments</li> <li>• Kukkiwon application form</li> <li>• \$800 Testing Fee</li> </ul>