

Combinations

White Belt

Snap Kick
Roundhouse Kick
Axe Kick

Sr. White Belt

Roundhouse Kick
Side Kick
Step-Behind Side Kick

Yellow Belt

Jumping Front Snap Kick
Jumping Roundhouse Kick
Back Kick

Sr. Yellow Belt

Roundhouse Kick
180 Hook Kick
Jumping Axe Kick

Green Belt

Shuffle Forward
Reverse Punch
Round House Kick
Jumping Back Kick

Sr. Green Belt

Shuffle Roundhouse Kick
Front Snap Kick
Hurricane Kick
Jump Back Kick

Belt Objectives - White – Obedience Yellow - Self-Control Green – Patience Blue – Responsibility Red – Persistence Black - Awareness

Poomse

Taegeuk 1 [Ill Jang] (Sr. White)

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the spirit of God was hovering over the waters. And God said "Let there be light," and there was light. God saw that the light was good and he separated the light from the darkness. (NIV; Genesis 1:1-4)

Taegeuk 2 [Ye Jang] (Yellow)

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. (NIV; Phil 4:4-5)

Taegeuk 3 [Sam Jang] (Sr. Yellow)

I saw Heaven standing open and there before me was a white horse, whose rider was called Faithful and True. With justice he judges and makes war. His eyes are like blazing fire, and on his head are many crowns. He has a name written on him that no one knows but he himself. (NIV; Rev 19:11-12)

Taegeuk 4 [Sa Jang] (Green)

Then they cried out to the Lord in their trouble, and he brought them out of their distress. He stilled the storm to a whisper; the waves of the sea were hushed. (NIV; Ps 107:28-29)

Taegeuk 5 [Oh Jang] (Sr. Green)

The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit. (NIV; Jn 3:8)

Taegeuk 6 [Yok Jang] (Blue)

He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. (NIV; Ps 1:3)
Whoever believes in me, as the Scripture has said, streams of living water will flow within him. (NIV; Jn 7:38)

Taegeuk 7 [Chil Jang] (Sr. Blue)

He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, Move from here to there and it will move. Nothing will be impossible for you." (NIV; Matt 17:20)
As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore. (NIV; PS 125:2)

Taegeuk 8 [Pal Jang] (Red)

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. (NIV; Rev 21:1)

One Step	Attack	Defense
White Belt 1	Right Mid Punch	Step out to Left Front Stance; Push Opponent's punching arm inward with your left hand; Right & Left punch to his ribs
White Belt 2	Right Mid Punch	Step out to Right Front Stance; Push Opponent's punching arm inward with your right hand; Left & Right punch to his solar plexus
White Belt 3	Right Mid Punch	Step out to Left Front Stance; Block and grab opponent's punching arm with your right arm/hand; Left & Right punch to his ribs
White Belt 4	Right Mid Punch	Step out to Right Front Stance; Block and grab opponent's punching arm with your left arm/hand; Right & Left punch to his solar plexus
Yellow Belt 1	Right Mid Punch	Step out to Left Front Stance; Block and grab opponent's punching arm with your Right arm/hand; Right roundhouse kick to stomach; Left & Right punch to his ribs
Yellow Belt 2	Right Mid Punch	Step out to Left Front Stance; Block and grab opponent's punching arm with your Right arm/hand; Right roundhouse kick to stomach; Right kick to his knee; Left & Right punch to his ribs
Yellow Belt 3	Right Mid Punch	Block and grab opponent's punching arm with your Left arm/hand; Right front kick to groin; Right punch to his chest
Yellow Belt 4	Right Mid Punch	Step out to Right Front Stance; Block and grab opponent's punching arm with your Left forearm; Right palm strike to opponent's face; Grab opponent's shoulders and pull him down while left knee strike to his stomach
Green Belt 1	Haymaker Punch	Step in to Right Walking Stance; Left dead-arm strike and simultaneous Right knife hand strike to the right side of opponent's neck; Grab his neck/shoulder; Back knee to opponent's groin or ribs
Green Belt 2	Right Mid Punch	Step with right foot and double out to in forearm block; Grab his arm with your left hand and execute a right backfist to opponent's face; Execute a left palm strike to your opponent's face
Green Belt 3	Right Mid Punch	Step out to Left Walking Stance; Double outside forearm block; Grab his arm with your right hand and left hammerfist strike to his face
Green Belt 4	Haymaker Punch	Execute a dead arm block to the inside of your opponent's arm followed by a straight blast to his solar plexus as you continue to step forward
Blue Belt 1	Left Hand Collar Grab & Punch	Trap his left hand with your left hand; Break his elbow with your right hand; Right palm strike across his chin and turn his head; break his elbow across your chest
Blue Belt 2	Left Hand Grab & Right Hook punch	Trap his grabbing hand with your right hand and dead arm block his right arm with your left arm; Simultaneously Smash his right ear with your left hand, Samri his left hand and sweep him with your left leg
Blue Belt 3	Hook Punch	Dead arm block his strike; Strike his jaw with your other hand and trip him;
Blue Belt 4	Straight Punch	Outside to inside (left to right) block; Grab his arm; Use your other arm to push his elbow to the ground; Execute a straight arm bar between your knees
Red Belts	Prep moves for all of Red Belt One Steps –	
	Underhand knife strike	Thrust hips backward and Block low with one hand and strike with the other
	Right out to in knife strike to his left side	Step to his inside and execute an In to Out/dead arm block and strike
	Overhand knife strike	Step in and execute a High block with one hand and strike with the other
	Right out to in knife strike to his right side	Step in and execute a Double out to in block, grab with one hand and strike with the other
	High chest straight knife strike	Step to his outside/inside and execute a single/double forearm block, grab his arm and strike or get control of his arm and the knife
	THEN	
Red Belt 1	Straight thrust to stomach	
Red Belt 2	Right out to in knife strike to his left side	
Red Belt 3	Overhand knife strike	
Red Belt 4	Right out to in knife strike to his right side	
Red Belt 5	High chest straight knife strike	
Red Belt 6	Attack from behind	