
Curriculum



Welcome to the UConn Taekwondo team!

The curriculum focuses at each stage on introducing new skills or techniques, and expanding upon skills already learned. Each student who wishes to earn belt promotions through UConn Taekwondo is expected to become proficient in the skills listed for their belt level and every lower level, in addition to regular attendance, participation, and enthusiasm.

If this is the beginning of your Taekwondo career, don't panic! You will find that many techniques build on others, so as you work your way through the curriculum you will be constantly reviewing old skills even as you learn new ones.

For returning students or those with previous experience in Taekwondo, it is your responsibility to know or learn all the techniques up to your level—even if you do not wish to test through us. While we always respect and appreciate any training our teammates did before joining UConn Taekwondo, it is important that we have a standard set of expectations for those who train with us in order to fairly accommodate students of all backgrounds.

Regardless of where you come from, it is very important that all students be familiar with the curriculum because as a team, we are all responsible for teaching and learning from each other. As you learn Taekwondo, much of your growth will come from watching and training with others. More advanced students are expected to know these techniques because newer students expect to learn from them.

The purpose of this curriculum is at its core to make learning Taekwondo as straightforward as possible. While at times you may work on techniques that don't appear until a more advanced level, the curriculum specifies exactly what you are expected to know at your rank—the minimum set of skills we expect from a student your level. As such, the curriculum is cumulative: with each promotion you earn, the more skills you are responsible for knowing.

This curriculum only represents a small part of your journey in this martial art—the road map for your time with UConn Taekwondo. How far you actually travel on that path is entirely up to you, but with hard work and dedication, Taekwondo can be an incredibly rewarding experience.

For the more information, visit <http://www.kukkiwon.or.kr/front/pageView.action?cmd=/eng/information/taekwondoSkill>



WHITE BELT

Testing up to Yellow Belt

Stances

- Attention (차렷, charyeot)
- Ready (기본준비, gibun-junbi)
- Relax/At Ease (편히서기, pyeoni-seogi)
- Walking Stance (앞서기, ap-seogi)
- Front Stance (앞굽이, apgubi)
- Horseback Riding Stance (주춤서기, juchum-seogi)
- Fighting/Sparring Stance (겨루기 준비, gyeorugi-junbi)

Kicks

- Stretch Kick
- Front Kick (앞차기, ap-chagi)
- Roundhouse Kick (돌려차기, dollyeo-chagi)
- Skipping Roundhouse Kick (Fast Kick) (발붙여돌려차기, balbueo-dollyeo-chagi)
- Side Kick (옆차기, yeop-chagi)
- Axe Kick (내려차기, naeryeo-chagi)

Hand Strikes/Blocks

- Punch/Jab (지르기, jireugi)
- Low Block (내려막기, naeryeo-makgi)
- Inside Middle Block (안막기, an-makgi)
- Outside Middle Block (바깥막기, bakkat-makgi)
- High Block (올려막기, ollyeo-makgi)
- Knife Hand Strike (비트러 치기, biteureo-chigi) or (손날등 치기, sonnaldeung-chigi)

Poomsae

Taeguk Il Jang (태극 일장)

Board Breaking

Any of the kicking techniques listed.

Terminology

- Meaning of Taekwondo
- All of commands
- 1-10
- Grandmaster
- Master
- Instructor
- School
- Uniform

YELLOW BELT



Testing up to Green Belt.

All previous requirements, plus:

Stances

- Back Stance (뒗굽이, dwitgubi)

Kicks

- Back Kick (뒤차기, dwi-chagi)
- Turning Roundhouse Kick (뒤돌아 돌려차기, dwi-dora dollyeo-chagi)
- Front Leg Front Kick (앞발 앞차기, apbal ap-chagi)
- Front Leg Roundhouse Kick (앞발 돌려차기, apbal-dollyeo-chagi)
- Front Leg Side Kick (앞발 옆차기, apbal yeop-chagi)
- Front Leg Axe Kick (straight) (앞발 내려차기 apbal naeryeo-chagi)
- Crescent Kick (In-to-Out & Out-to-In) (안차기, 바깥차기 respectively an-chagi, bakkat-chagi)
- Front Push Kick (밀어차기, mireo-chagi)

Hand Strikes/Blocks

- Ridge Hand Inward Strike (손날등 안치기, sonnaldeung-an-chigi)
- Knife Hand Block (손날 바깥 막기, sonnal-bakkat-makgi)

Poomsae

Taegeuk Ee Jang (태극 이 장)

Taegeuk Sahm Jang (태극 삼 장)

Board Breaking

Any of the kicking techniques listed.

Terminology

- Hand Strikes/Blocks
- Kicks (review all techniques up to this rank)



GREEN BELT

Testing up to Blue Belt.

All previous requirements, plus:

Kicks

- Double Roundhouse Kick (나래차기, narae-chagi)
- Front Leg Hook Kick (앞발 낚아차기, apbal nakka-chagi)
- Jump Turning Roundhouse Kick (돌개차기, dolgaechagi)
- Spinning Hook Kick (뒤후러차기, dwi-huryeo-chagi)
- Jumping Roundhouse Kick (뛰어 돌려차기, ttwiewo-dollyeo-chagi)
- Jumping Front Kick (뛰어 앞차기, ttwiewo-ap-chagi)

Hand Strikes/Blocks

- Double Knife-hand Block, Low (손날 거들어 내려막기, sonnal-geodeureo-naeryeo-makgi)
- Double Knife-hand Block, Middle (손날 거들어 몸통막기 sonnal-geodeureo-momtong-makgi)
- Double Knife-hand Block, High (Swallow Strike) (제비뽑치기, jebipum-chigi)
- Outside Forearm Block (바깥막기, bakkat-makgi)
- Backfist (등주먹 바깥치기 deung-jumeok-bakkat-chigi)
- Spear Hand Strike (거들어 세워찌르기, geodeureo-sewo-jjireugi)
- Upper Cut (치지르기, chi-jireugi)
- Hook Punch (돌려찌르기, dollyeo-jireugi)

Poomsae

Taegeuk Sah Jang (태극 사 장)

Board Breaking

Back Kick

Spinning Hook Kick

Terminology

- Stances
- Sparring terminology

BLUE BELT



Testing up to Red Belt.

All previous requirements, plus:

Stances

Cross Stance (꼬아서기, kkoa-seogi)

Side Stance (옆서기, yeop-seogi)

Kicks

- Jumping Back Kick (뛰어 뒤차기, ttwieo-dwi-chagi)
- Flying Side Kick (뛰어 옆차기, ttwieo yeop-chagi)

Hand Strikes/Blocks

- Inside Elbow Strike (팔굽 안 돌려치기, palgup-an-dollyeo-chigi)
- Outside Elbow Strike (팔굽 바깥 돌려치기, palgup-bakkat-dollyeo-chigi)
- Vertical Elbow Strike (팔굽 올려 치기, palgup-ollyeo-chigi)
- Elbow Target Strike (팔굽 표적치기, palgup-pyojeok-chigi)
- Back Knuckle Forward Strike (등주먹 앞치기, deung-jumeok-ap-chigi)
- U-shape Punch (‘ㄷ’자지르기, digeutja-jireugi)
- Palm Heel Inward Block (바탕손 안막기, batangson-an-makgi)
- Palm Heel Strike (바탕손 앞치기, batangson-ap-chigi)

Poomsae

Taegeuk Oh Jang (태극 오 장)

Taegeuk Yook Jang (태극 육 장)

Board Breaking

1 kicking technique

1 hand technique

Terminology

- Kicks and hand blocks/strikes (review all techniques up to this point)
- Body parts

RED BELT



Testing up to Red Belt.

All previous requirements, plus:

Stances

Tiger Stance (범서기, beom-seogi)

Reverse Front Stance

Kicks

- Spinning Crescent Kick (뛰어 반달차기, ddwiuh-bandal-chagi)
- Jump Spinning Hook Kick (뛰어 뒤후려차기, ddwiuh-dwi-hooryuh-chagi)

Hand Strikes/Blocks

- Scissors Block (가위막기, gawi-makgi)
- Arc Hand (반달손, bandal-son)
- Double Fist Block (lower section) (거들어 내려막기, geodeureo-naeryeo-makgi)
- Double Fist Block (midsection) (거들어 몸통막기, geodeureo-momtong-makgi)

Poomsae

Taegeuk Chil Jang (태극 칠 장)

Taegeuk Pal Jang (태극 팔 장)

Board Breaking

2 kicking techniques

1 hand technique

Terminology

- All terminology