



Starkville Martial Arts Academy
Taekwondo Syllabus

Address: 213 Main Street, P.O. Box 1365, Starkville, MS 39760.
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Section 1 : Yellow Belt , 8th Gup:

Time in grade: 2 months minimum

General Knowledge:

- Basic Academy etiquette
- Color and order of belt rank system
- Korean counting

Stances (Chase): Attention (Charyut Chase)
 Ready (Chunbi Chase)
 Fighting (Daeryun Chase)

Blocking (Makki): Four corner blocking drill from a fighting stance:
 high, low and push blocks

Hand Techniques (Soo Ki): Jab
 Cross
 Hook
 Uppercut

Kicking (Chaki): Front kick: (Ahp Chaki)
 Back kick: (Hugul Chaki)

One Step Sparring (Il Bo Daeryun): #1, #2 & #3, modified from orange belt, using a fighting stance instead of formal stances.

Special Emphasis: Be careful to pay attention to posture, body movement, and correct formation of the weapons. Remember that acquiring good biomechanical habits will help you to learn good form. Focus on form first, don't worry about speed and power.

Section 2 : Orange Belt, 7th Gup:

Time in grade: 2 months minimum

General Knowledge:

- The different arts taught at the Academy
- Benefits of martial arts training

Stances: Front Stance: Chungul Chase
 Side Stance: Yangul Chase
 Back Stance: Hugul Chase

Blocking (Makki): Low Section Outer Forearm (Ha Dan Palmok Makki)
 Outward Inner Forearm Middle Section
 (Chung Dan Bakuro An Palmok Makki)
 Inward Outer Forearm Middle Section
 (Chung Dan Anuro Palmok Makki)
 High Section Rising (Sang Dan Palmok Chugyo Makki)

Hand Techniques (Soo Ki): Front Punch (Jumok Ahp Chirugi)
 Reverse Punch (Bandae Jumok Chirugi)
 Lunge Punch (Baro Jumok Chirugi)
 Side Punch (Jumok Yop Chirugi)

Kicking (Chaki): Round kick: (Dolyo Chaki)
 Side kick: (Yop Chaki)

Form (Poom Se): Chung Ji

One Step Sparring (Il Bo Daeryun): #1,2, & 3

ATTACK: Right Forefist Lunge Punch to Chin from Left Front Stance
DEFENSE: Left step forward, outside of attacker's foot, forming Left Front Stance
 and Left Rising Block

COUNTER: Right Forefist Reverse Punch to Solar Plexus with kihop

ATTACK: Right Front Snap Kick to Abdomen and land in Right Front Stance
DEFENSE: Left step forward to Left Back Stance and Left Down Block
COUNTER: Left step outside to Left Front Stance and Right Forefist Reverse Punch to
 Solar Plexus with kihop

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Left step forward to Left Back Stance and Left Outward Inner Forearm Middle Block
COUNTER: Left step outside to Left Front Stance and Right Forefist Reverse Punch to Solar Plexus with kihop

Special Emphasis: Demonstrate each stance clearly and make your body movements with medium force and good control. Stances are your balance foundation and your power platform. It is therefore important to develop correct balance and proper weight distribution.

It is time to start work on the Black Belt success cycle:

- Know what you want
- Have a plan
- And a success coach
- Take consistent action
- Review your progress
- Renew your goals

Section 3 : Green Belt, 6th Gup:

Time in grade: 2 months minimum

General Knowledge:

- The purpose of warm up and cool down exercises

Stances (Chase): Cat (Twit Bal Chase)

Blocking (Makki): Side Knifehand (Yop Sudo Makki)
Double Knifehand Guarding (Doo Sudo Makki)

Hand Techniques (Soo Ki): Inverted Inward Knife Hand Strike (Anuro Sudo Taerigi)
Outward Knife Hand Strike (Bakuro Sudo Taerigi)
Ridgehand (Yop Sudo Taerigi)
Side Back Fist Strike (Yop Dong Jumok Taerigi)
Side Knife Hand Strike (Yop Sudo Taerigi)

Kicking (Chaki): Hook (Girler Chaki)
Inward Crescent (Anuro Bandal Chaki)
Outward Crescent (Bakuro Bandal Chaki)

Form (Poom Se): Tae Geuk E Chang

One Step Sparring (Il Bo Daeryun): #4,5, & 6

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Right step back on centerline forming Left Back Stance and Left Double Knifehand Guarding Block
COUNTER: Left step outside to Left Front Stance and Right Forefist Reverse Punch to Solar Plexus with kihop

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Right step inside the attack (approx. 30°) forming a Side Stance directly facing the attacker and Left Outward Outer Forearm Middle Block
COUNTER: Simultaneously, make a Right Forefist Punch to Ribs with kihop

ATTACK: Right Front Snap Kick to Abdomen and land in Right Front Stance
DEFENSE: Right step back on centerline forming Left Cat Stance and Left Down Block
COUNTER: Left Front Snap Kick to Abdomen placing foot down in Left Front Stance and Right Forefist Reverse Punch to Solar Plexus with kihop

Special Emphasis: Your fitness level, concentration and mental discipline should be much improved at this rank level. Your body is now ready to work with power and speed. It is time to expect more from yourself and begin to pay attention to the smaller details.

Section 4 : Blue Belt, 5th Gup:

Time in grade: 3 months minimum

General Knowledge:

- Safety precautions necessary for Tae Kwon Do training

Blocking (Makki): Double Outer Forearm Wedging (Doo Palmok Hecho Makki)

Hand Techniques (Soo Ki): Front Backfist Strike (Dong Jumok Ahp Taerigi)
Vertical Spear Finger (Sewar Kwan Soo Chirugi)

Kicking (Chaki): Low Front Thrust Heel (Ha Dan Ahp Miligi Twi Kumchi Chaki)
Turn Back Side (Dwiwo Yop Chaki)
Jump Front (Twio Ahp Chaki)

Form (Poom Se): Tae Geuk Sam Chang

One Step Sparring (Il Bo Daeryun): #7,8 & 9.

- ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Lift both feet and shift directly sideways, landing outside of the attacker's punch forming a Side Stance parallel to the attacker's arm and Left Inward Outer Forearm Middle Block to attacker's wrist
COUNTER: Pivot both feet forming Left Front Stance and Right Forefist Reverse Punch to Ribs with kihop
- ATTACK: Right Front Snap Kick to Abdomen placing foot down in Right Front Stance and Right Forefist Lunge Punch to Solar Plexus
DEFENSE: Right foot retreats to form Left Front Stance and Left Down Block, then quickly step with Left foot shifting body inside punch
COUNTER: Right Front Snap Kick to Chin placing foot down to the front forming Right Front Stance and Left Forefist Reverse Punch to Solar Plexus, kihop
- ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Left step outside the attack forming Side Stance facing attacker's right side and Right Outward Outer Forearm Middle Block
COUNTER: Simultaneously Left Forefist Front Punch to Ribs followed immediately by a Right Forefist Front Punch from Side Stance to Ribs with kihop

Special Emphasis: Remember that you are capable of causing serious damage to both yourself and your partner with inaccurate or uncontrolled techniques. Be aware of yourself and your partners at all times. Strive after excellence.

Section 5 : Purple Belt, 4th Gup:

Time in grade: 3 months minimum

General Knowledge:

- The functions of referees and judges in Tae Kwon Do sports competitions
- The components of physical fitness

Hand Techniques (Soo Ki): Elbow Strikes (Palkup Taerigi) [various]

Blocking (Makki): Double Inner Forearm Wedging Block (Doo An Palmok Hecho Makki)

Kicking (Chaki): Backside Hook (Dwi-ro Girler Chaki)
 Arc (Dolyo Ahp Chaki)
 Twist (Bituro Chaki)
 Flying Side (Twimyo Yop Chaki)

Form (Poom Se): Tae Geuk Sa Chang

One Step Sparring (Il Bo Daeryun): #10, 11 & 12

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Short Left step outside the attack with simultaneous Right Outward
 Knifehand Side Block with circular motion
COUNTER: Right Roundhouse Kick with Instep to Solar Plexus stepping down toward
 attacker forming a Right Front Stance and Left Forefist Reverse Punch to
 Ribs with kihop

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Left step outside and Side Knifehand Block
COUNTER: Right Side Thrust Kick to Floating Ribs. Place foot down toward attacker
 forming Right Front Stance and Left Forefist Reverse Punch to Nose with
 kihop

ATTACK: Right Roundhouse Kick with Instep to Sternum and place foot down
 forward into Front Stance
DEFENSE: Hop to Right back corner forming Left Back Stance and Left Double
 Knifehand Guarding Block
COUNTER: Right Roundhouse Kick with Instep to Temple and place foot down
 toward attacker forming Right Front Stance and Left Forefist Reverse
 Punch to Ribs with kihop

Special Emphasis: At this level you need to begin to study the details of how you execute your techniques. The degree to which you pay particular attention to the small details will be directly proportional to the degree to which your technique will become crisp and clean. If you begin the process of self analysis at this rank, then you will be creating an excellent habit and laying a very solid foundation for the repetitions that you will do as you prepare for your Black Belt rank test.

Section 6 : Brown Belt, 3rd Gup:

Time in grade: 3 months minimum

Stances (Chase): X (Kyocha Chase)

Hand Techniques (Soo Ki): Palm Heel (Pyun Jumok Taerigi)
Hammer Fist Strike (Yop Jumok Naryo Yop Taerigi)

Kicking (Chaki): Inward Axe (Anuro Naryo Chaki)
Spinning Circle (Dwiwo Dollimyo Chaki)

Form (Poom Se): Tae Geuk Oh Chang

One Step Sparring (Il Bo Daeryun): #13, 14 & 15.

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Right step and Right Inward Outer Forearm Middle Block forming side stance
COUNTER: Pivot, Look over left shoulder at attacker and Left Turn Back Side Kick to Abdomen with kihop

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Hop to Left side and Right knifehand guarding block with Right foot forward
COUNTER: Left Inward Crescent Kick to back of the Head followed by Right Turn Back Hook Kick to Head with kihop

ATTACK: Step Up Left Front Snap Kick to Abdomen landing in Left Front Stance
DEFENSE: Short Left step to left side
COUNTER: Right Hook Kick with Bottom of Foot to Temple and Roundhouse Kick with Instep to Nose in a double motion placing foot down toward attacker forming Right Front Stance and Left Forefist Reverse Punch to Ribs with kihop.

Special Emphasis: The primary emphasis at Brown Belt is combination movement. Combining movements develops and tones the muscles necessary for agility and dynamic balance. The combination movement, agility and dynamic balance results in an increase in power, speed and accuracy. You should move smoothly and quickly, without hesitation, your combinations need to be effective and efficient.

Section 7 : Red Belt, 2nd Gup:

Time in grade: 4 months minimum

General Knowledge:

- Methods and principles of teaching

Hand Techniques (Soo Ki): Flat Spear Finger (Opun Kwan Soo Chirugi)

Kicking (Chaki): Jump Round (Twio Dolyo Chaki)
Outward Axe (Bakuro Naryo Chaki)

Form (Poom Se): Tae Geuk Yuk Chang

One Step Sparring (Il Bo Daeryun): #16, 17, 18

ATTACK: Step up Left Side Thrusting Kick to Solar Plexus placing foot down forward to make left Back Stance

DEFENSE: Hop to Left front corner Right foot forward forming Cat Stance toward attacker and Double Knifehand Guarding Block

COUNTER: Right Front Kick and Side Thrusting Kick to Abdomen with kihop

ATTACK: Right Side Thrusting Kick to Chin placing foot down forward forming Right Back Stance

DEFENSE: Hop to Left front corner forming Right Cat Stance toward attacker and Double Knifehand Guarding Block

COUNTER: Skipping Right Downward Hook Kick to Base of Cerebellum with Bottom of Foot placing foot down inside attacker's Right foot and Left Twist Kick with Instep to Side of Jaw placing foot down outside of attacker's Right foot forming Left Front Stance and Right Palm Heel Strike to the Solar Plexus with kihop

ATTACK: Step up Left Roundhouse Kick with Instep to Temple placing foot forward forming left Back Stance

DEFENSE: Left step to left front corner forming Left Front Stance and Right Outward Outer Forearm Side Block

COUNTER: Right Outward Axe Kick with Bottom of Foot to Nose and Right Downward Hook Kick with Bottom of Foot to Side of Neck placing foot forward toward attacker forming Right Front Stance and Left

Forefist Reverse Punch to Solar Plexus with kihop

Special Emphasis: The Red Belt candidate must be able to accurately apply weapons to the correct target with full speed and power. You must have confidence in your form, which will be directly proportional to the number of repetitions that you perform. Remember that the two qualities of a champion are attention to detail and follow through.

Section 8 : Red/Black Belt, 1st Gup:

At Red/Black belt you are a candidate for Black Belt. It is now time to sharpen your technical ability to a fine edge. Remember that the lower ranks look to you for guidance and it is your responsibility to help uphold the Academy standards of excellence.

Time in grade: 6 months minimum

General Requirements:

- Unquestionable, good, moral character, attitude and maturity
- Teaching responsibilities and abilities
- Ability to demonstrate all rank requirements
- Cooperation and contribution
- Exemplary attendance and practice

Blocking (Makki): X (Kyocha Makki) [Low and high section]
Palm Pushing (Chang Jumok Miro Makki)

Hand Techniques (Soo Ki): Knee Break (Mooreup Keokki)

Kicking (Chaki): Jump Side (Twio Yop Chaki)
Knee (Mooreup Chaki)
Flying Round (Twimyo Dolyo Chaki)

Form (Poom Se): Tae Geuk Chil Chang

One Step Sparring (Il Bo Daeryun): 19, 20, 21 & 22

ATTACK: Right Front Snap Kick to Abdomen and place foot forward forming Right Front Stance and Right Forefist Lunge Punch to Sternum
DEFENSE: Left step to left front corner to form Left Front Stance and Right Down Block and Right Outward Outer Forearm Circle Block in a double motion. Push the punching arm downward
COUNTER: Pull Left foot slightly backward and Right Round Kick with Instep to Temple and Right Hook Kick to Temple in a double motion and place foot down toward attacker forming Right Front Stance and Left Forefist Reverse Punch to Bridge of Nose with kihop

ATTACK: Right Side Kick to the Abdomen landing in a Right Back Stance
DEFENSE: Left step to left front corner forming Left Front Stance and Right Knifehand Side Block
COUNTER: Right Double Hook Kick with Bottom of Foot to Base of Cerebellum and place foot down toward attacker forming Right Front Stance and Left Forefist Reverse Punch to Ribs with kihop

ATTACK: Step up Left Side Thrust Kick to Solar Plexus and place foot down forward forming Left Back Stance
DEFENSE: Hop off Right foot toward left front corner forming Left Fighting Stance toward attacker
COUNTER: Right Front Snap Kick to Abdomen upon landing on Left foot and Right twist Kick with to Chin in a double motion, and place foot down toward attacker forming Right Front Stance and Right Ridge Hand Strike to Bridge of Nose with kihop whilst rotating stance

ATTACK: Right Front Thrusting Kick to Abdomen placing foot down in front forming Right Front Stance
DEFENSE: Shift inside the attack
COUNTER: Right Front Kick to Chin and Round Kick to Temple in double action, place foot toward attacker forming Right Front Stance and Right Outward Backfist Strike to Temple and Left Forefist Reverse Punch to Solar Plexus with kihop

Section 9 : Black Belt, 1st Dan:

Time in Grade: 6 months minimum

Stances (Chase): Reverse Front (Bandaе Chungul Chase)

Blocks (Makki): Low & High Outer Forearm Combination (Ha Dan Palmok Sang Dan An Palmok Makki)
Low Outer Forearm & Middle Inner Forearm Combination (Ha Dan Palmok Chung Dan An Palmok Makki)

Kicks (Chaki): Jump Hook (Twio Girler Chaki)

Form (Poomse): Tae Geuk Pul Chang and Chul Gi

One Step Sparring (Il Bo Daeryun): 23,24,25, & 26

ATTACK: Right Side Thrusting Kick to Chin placing foot down in front forming Right Front Stance

DEFENSE: Right step clockwise to left back corner forming Left Back Stance toward attacker and Left Palm Heel block

COUNTER: Right Turn Back Double Hook Kick with Bottom of Foot to Base of Cerebellum and place foot down toward attacker forming Right Front Stance and Left Forefist Reverse Punch to Ribs with kihop

ATTACK: Right Forefist Lunge Punch and Left Forefist Reverse Punch from Front Stance

DEFENSE: Double Outer Forearm Wedging Block from Left Front Stance

COUNTER: Reach through, grab the Head and Right Leg Knee Strike from Front Stance

ATTACK: Right Forefist Lunge Punch to Sternum from Front Stance

DEFENSE: Step outside and form Side Stance with Left foot forward, Inner OFA Middle Block with Left hand

COUNTER: Right Spinning Heel Kick to Back of Head placing foot slightly behind Left foot and Left Side Kick to Ribs in continuous action placing foot down toward attacker forming Right Front Stance and Left Forefist Reverse Punch to Solar Plexus with kihop

ATTACK: Step up Left Front Snap Kick to Chin placing foot down in front forming Left Back Stance

DEFENSE: Shift inside kick close to attacker forming Right Cat Stance toward attacker and Knifehand Guarding Block

COUNTER: Right Twist Kick with Instep to Temple and turning counter-clockwise place foot down directly away from attacker and Left Turn Back Side Thrust Kick to Abdomen placing foot down toward attacker forming Left Front Stance and Left Outward Backfist Strike to Temple and Right Forefist Reverse Punch to Solar Plexus with kihop