

# Tang Soo Do Color Belt Curriculum

Curriculum for Color Belts follows a quarterly system. Quarter 1 is January – March, Quarter 2 is March – June, Quarter 3 is June – September, Quarter 4 is September – December. White Belts have a set curriculum that they will learn and will enter the Color Belt quarter based on the month they promote to Yellow/White Stripe Belt.

## White Belts

Basic Blocks, Basic Stances, 1<sup>st</sup> half of Basic Form 1, One Step Sparring, No Contact Continuous Sparring, Board Break with Front Kick, Martial Arts Knowledge

### Beginner Level Ranks: Yellow/White Stripe Belt – Green/White Stripe Belt

#### Quarter 1

Basic Blocks/Stances & Basic Form 1  
One Step Sparring  
Light Contact Continuous Sparring (Yellow Belt & Up)  
Self Defense  
Board Break with Back Foot Front Kick  
Hand Technique Break  
Martial Arts Knowledge

#### Quarter 2

Basic Blocks/Stances & Basic Form 2  
One Step Sparring  
Light Contact Continuous Sparring (Yellow Belt & Up)  
Self Defense  
Board Break with Front Foot Side Kick  
Hand Technique Break  
Martial Arts Knowledge

#### Quarter 3

Basic Blocks/Stances and Basic Form 3  
One Step Sparring  
Light Contact Continuous Sparring (Yellow Belt & Up)  
Self Defense  
Board Break with Front Foot Front Kick  
Hand Technique Break  
Martial Arts Knowledge

#### Quarter 4

Basic Blocks/Stances and Dol Phoong 1  
One Step Sparring  
Light Contact Continuous Sparring (Yellow Belt & Up)  
Self Defense  
Board Break with Back Foot Side Kick  
Hand Technique Break  
Martial Arts Knowledge

### Intermediate Level 1 Ranks: Green Belt – Blue Belt

#### Quarter 1

Basic & Intermediate 1 Blocks/Stances  
Dol Phoong 2  
One Step & Two Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Back Pivot Side Kick  
Hand Technique Break  
Martial Arts Knowledge

#### Quarter 2

Basic & Intermediate 1 Blocks/Stances  
Dol Phoong 3  
One Step & Two Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Front Foot Hook Kick  
Hand Technique Break  
Martial Arts Knowledge

#### Quarter 3

Basic & Intermediate 1 Blocks/Stances  
Dol Phoong 4  
One Step & Two Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Back Spinning Kick  
Hand Technique Break  
Martial Arts Knowledge

#### Quarter 4

Basic & Intermediate 1 Blocks/Stances  
Dol Phoong 5  
One Step & Two Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Back Foot Hook Kick  
Hand Technique Break  
Martial Arts Knowledge

## **Intermediate Level 2 Ranks: Blue/Black Stripe Belt – Brown/Black Stripe Belt**

### **Quarter 1**

Basic/Intermediate 1/Intermediate 2 Blocks/Stances  
Dol Phoong 6  
One Step/Two Step/Three Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Front Foot Inside Ax Kick  
Hand Technique Break  
Martial Arts Knowledge

### **Quarter 2**

Basic/Intermediate 1/Intermediate 2 Blocks/Stances  
Dol Phoong 6  
One Step/Two Step/Three Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Back Foot Inside Ax Kick  
Hand Technique Break  
Martial Arts Knowledge

### **Quarter 3**

Basic/Intermediate 1/Intermediate 2 Blocks/Stances  
Dol Phoong 7  
One Step/Two Step/Three Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Front Foot Butterfly Kick  
Hand Technique Break  
Martial Arts Knowledge

### **Quarter 4**

Basic/Intermediate 1/Intermediate 2 Blocks/Stances  
Dol Phoong 7  
One Step/Two Step/Three Step Sparring  
Light Contact Continuous Sparring  
Intermediate Point Sparring  
Self Defense  
Board Break with Back Foot Outside Ax Kick  
Martial Arts Knowledge

## **Advanced Ranks: Red/White Stripe Belt – Black/White Stripe Belt**

### **Quarter 1**

Basic/Intermediate/Advanced Blocks/Stances  
Dol Phoong 8  
One Step/Two Step/Three Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Front Foot Outside Ax Kick  
Hand Technique Break  
Martial Arts Knowledge

### **Quarter 2**

Basic/Intermediate/Advanced Blocks/Stances  
Dol Phoong 8  
One Step/Two Step/Three Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Tornado Outside Ax Kick  
Hand Technique Break  
Martial Arts Knowledge

### **Quarter 3**

Basic/Intermediate/Advanced Blocks/Stances  
Dol Phoong 9  
One Step/Two Step/Three Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Front Kick/Hook Kick Combo  
Hand Technique Break  
Martial Arts Knowledge

### **Quarter 4**

Basic/Intermediate/Advanced Blocks/Stances  
Dol Phoong 9  
One Step/Two Step/Three Step Sparring  
Point & Continuous Sparring  
Self Defense  
Board Break with Inside Ax Kick/Hook Kick Combo  
Hand Technique Break  
Martial Arts Knowledge

**Black Belts: Refer to the Black Belt Handbook for your curriculum requirements**