



# "Success Skills For Life"

										Deputy Black	
										Red	
										Purple	
										Brown	
										H.Blue	
										Blue	
										Orange	
										Green	
										Yellow	
										White	
No belt	White		Yellow	Green	Orange	Blue	H.Blue	Brown	Purple	Red	Deputy Black
Ready Stance, Horse Back Riding Stance Punching	Down Block, Inside, Outside Blocks, Face Block	Basic Knife-Hand Technique	Walking, Deep Stance	Basic Stance & Back, Tiger Stance	Basic Blocks, Strike	Basic Blocks, Strike & Stance	Basic Blocks, Strike & Stance	Combination Block, Strike & Stance	Basic Blocks, Strike & Stance	All Blocks, Strike, Stance & Kick	All Requirements from All Previous Belts
Front Kick	Round House & Axe Kicks	Side Kick	Double Round House Kick	Hopping Kicks	Back Kick	Tornado Kick	Spining Hook Kick	Jumping Kicks	Advance Kicks	Combiantion Kicks	
<b>Form</b>											
JL Basic 1-10	JL Basic 1-20	JL Basic 1-30	JL Form	Taegeuk 1, Taegeuk 2, Taegeuk 3			Taegeuk 4, Taegeuk 5, Taegeuk 6			Basic Block & Kick, Two Taegeuk Form & Taegeuk 7	
<b>JL Self Defense</b>											
	Basic Defense 1 - 1, 2	Basic Defense 2 - 1, 2	Basic Defense 3 - 1, 2	Self-Defense 1-1, 2	Self-Defense 2 - 1, 2	Self-Defense 3 - 1, 2	Self-Defense 4 - 1, 2	Self-Defense 5 - 1, 2	Self-Defense 6 - 1, 2	Self-Defense 1-6 (All # 2)	
<b>JL Breaking</b>											
	Front Kick	Axe Kick	Round House Kick	Side Kick	Back Kick	Tornado Kick	Punching & Jump Front Kick	Knife-Hand & Spining Hook Kick	Elbow & Double Round House Kick	3 Combiantion, Jump Style Kick & Power Breaking	
<b>Kicking Combiantion</b>											
	Basic Target Kicks	Basic Target Kicks	Basic Target Kicks	Target Combiantion Kicks	Target Combiantion Kicks	Target Combiantion Kicks	Target Combiantion Kicks	Target Combiantion Kicks	Target Combiantion Kicks	Target Combiantion Kicks & Target Sparring	
<b>Sparring</b>											
				Light Contact Sparring	Light Contact Sparring	Light Contact Sparring	Light Contact Sparring	Light Contact Sparring	Light Contact Sparring	Fell Contact Sparring	
<b>Punching &amp; Kicks (Teen &amp; Audlt)</b>											
	Basic 1 - 1, 2	Basic 2 - 1, 2	Basic 3 - 1, 2	Basic 1 - 1, 2 & Round House Kick	Basic 2 - 1, 2 & Round House Kick	Basic 3 - 1, 2 & Round House Kick	Basic 1 - 1, 2 & Combiantion Kicks	Basic 2 - 1, 2 & & Combiantion Kicks	Basic 3 - 1, 2 & & Combiantion Kicks		
<b>Philosophy</b>											
Respect	Focus	Confidence	Goal Setting	Consistency	Self-Control	Perseverance	Enthusiasm	Responsibility	Cooperation	Leadership	