



"Success Skills For Life"

										Deputy Black				
										Advanced				All Blocks / Combination Block, Strike, Stance with Kick Combiantion Kicks
										Brown	Purple	Red	H.Red	
Intermediate														
										Green	Orange	Blue	H.Blue	
Beginner				Basic Black Strike / Walking, Deep, Back Stance Hopping Round House, Side Kicks / Double Round House, Back, Tornado Kicks						All Blocks / Combination Block, Strike, Stance with Kick Spining Hook / Jumping Front, Side Kicks				
No belt	White	Yellow Stripe	Yellow											
Ready, Horse Back Riding, Kicking Stance / Punching / Down, Inside, Outside, Face Block Front, Round House, Axe, Side Kicks														
Form														
JL Basic 1, 2, 3, 4				JL Form, TaeGeuk 1 Jang, 2 Jang, 3 Jang				TaeGeuk 4 Jang, 5 Jang, 6 Jang, 7 Jang				Three TaeGeuk Form		
JL Self Defense														
Basic Defense 1 - 1, 2 / 2 - 1, 2 / 3 - 1, 3 / 4 - 1, 2				Self-Defense 1-1, 2 / 2 - 1, 2 / 3 - 1, 2 / 4 - 1, 2				Self-Defense 5-1 / 6 - 1, 2 / 7 - 1, 2 / 8 - 1, 2				Self-Defense 1- 8 (All # 2)		
JL Breaking														
Hammer Fist / Front Kick / Punching / Axe Kick				Round House Kick / Hopping Side Kick / Back Kick / Tornado Kick				Punching & Jump Front Kick / Elbow & Double Round House Kick / Knife-Hand & Spining Hook Kick / Round House Kick & Tornado Kick				Combiantion, Jump Kick & Power Breaking		
Kicking Combiantion														
Basic Target Kicks				Target Combiantion Kicks				Target Combiantion Kicks				Combiantion Kicks		
Sparring														
				No Contact Sparring				Light Contact Sparring				Full Contact Sparring		
Philosophy														
Respect	Focus	Confidence	Organization	Goal Setting	Consistency	Self-Control	Teamwork	Perseverance	Enthusiasm	Responsibility	Cooperation	Leadership		