



"Success Skills For Life"

Deputy Black

Advanced			
Brown	Purple	Red	H.Red

Intermediate			
Green	Orange	Blue	H.Blue

Beginner			
No belt	White	Yellow Stripe	Yellow
Ready, Horse Back Riding, Kicking Stance / Punching / Down, Inside, Outside, Face Block			
Front, Round House, Axe, Side Kicks			

Basic Block & Strike / Walking, Deep, Back Stance			
Hopping Round House & Hopping Side Kicks / Double Round House, Back, Tornado Kick / Spinning Hook Kick			

All Blocks / Combination Block, Strike, Stance with Kick			
All Basic Kicks / Jumping Front, Flying Side Kick			

All Blocks / Combination Block, Strike, Stance with Kick			
Combination Kicks			

Form

JL Basic 1, 2, 3, 4	TaeGeuk 1 Jang, 2 Jang, 3 Jang, 4 Jang	TaeGeuk 5 Jang, 6 Jang, 7 Jang, 8 Jang	Five TaeGeuk Form
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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)
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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	Combination Kicks & Jump Kick
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Kicking Combiantion

Basic Target Kicks	Target Combiantion Kicks	Target Combiantion Kicks	Combination Kicks
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Sparring

No Contact Sparring	Light Contact Sparring	Full Contact Sparring
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Philosophy

Respect	Focus	Confidence	Organization	Goal Setting	Consistency	Self-Control	Teamwork	Perseverance	Enthusiasm	Responsibility	Cooperation	Leadership
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