

THAN-PHONG INTERNATIONAL MARTIAL ARTS FEDERATION TRAINING SYLLABUS

10th Kup (White Belt)

1. Junbi stance, low block. Mid-section punch
2. Riding stance, mid-section punch
3. Forward (front) stance
4. Front stance, mid-section punch
5. Front stance, low section block
6. Front stance, high section block
7. Front stance, low block, reverse mid-section punch
8. Front stance, high section block, reverse high punch
9. Front snap kick
10. Instep kick (low, mid, high)

Patterns (Poomsae)

1. Kibon I
2. Saju chirugi

One-Step Techniques

5 hand-techniques and 5-foot techniques. Perform left and right.

9th KUP (White Belt with 2 Yellow Stripes)

1. Riding stance, mid-section outer forearm inward front block, double mid-section punch
 2. Walking stance, low block
 3. Walking stance, mid-section reverse inner forearm front block
 4. Walking stance, reverse mid-section punch
 5. Walking stance, high section block, front snap kick, mid-section punch
- Walking stance, front kick and punch

Patterns (Poomsae)

1. Review Kibon I, Saju chirugi
2. Kibon II
3. Taegeuk Il-jang (8R)

One-Step Techniques

5 hand-techniques and 5 foot-techniques. Perform left and right.

8th KUP (Yellow Belt)

1. Guarding forearm block
2. Guarding knife hand block
3. Half turn instep kick
4. Walking stance, low block, front snap kick, high section punch
5. L- stance (Back stance), knife hand side block, reverse mid-section punch
6. Double instep kick

7. Round-house kick; double round house kick
8. Instep kick, reverse turning kick

Patterns (Poomsae)

1. Review lower forms
2. Taegeuk Yi-jang
3. Taegeuk Sam-jang (7R)

One-Step Techniques

5 hand-techniques and 5 foot-techniques. Perform left and right.

Sparring

1 round, 1.5 minutes

7th KUP (Yellow Belt with 2 Green Stripes)

1. Front stance, spear hand
2. Knife hand high block and high knife hand strike
3. Side kick
4. Back stance, outer wrist mid-section block, front kick, reverse inner front block
5. Forward stance, back fist strike
6. Wedging block
7. Walking stance front block, reverse mid-section punch
8. Front stance, front block, double punches

Patterns (Poomsae)

1. Review lower forms
2. Taegeuk Sam-jang
3. Taegeuk Sa-jang (6R)

One-Step Techniques

5 hand-techniques and 5 foot-techniques. Perform left and right.

Sparring

1 round, 1.5 minutes

Breaking

One board, front or instep kick, right or left foot

6th KUP (Green Belt)

1. Front stance, low block, hammer strike
2. Front stance, front block and reverse front block
3. Front stance, front kick, back hand strike, front block
4. L- stance and Fixed stance with knife hand strike
5. Front stance low block, reverse front block
6. Front stance, high block, back foot side kick, reverse elbow strike
7. F. stance, low block, reverse front block, front kick, jump cross stance, back hand strike
8. Slide side kick, back kick

Patterns (Poomsae)

1. Review lower forms
2. Taegeuk Sa-jang
3. Taegeuk Oh-jang (5R)

One-Step Techniques

5 hand-techniques and 5 foot-techniques. Perform left and right.

Sparring

2 rounds, 1.5 minutes each round

Breaking

One board, round-house kick, right or left foot

5th KUP (Green Belt with 2 Blue Stripes)

1. Front stance low block, front kick, return to back kick, high side block
2. Front stance, reverse knife hand front block
3. Front stance high front block, reverse punch
4. Front stance, low block and front block (double motion)
5. Front stance, knife hand front block, round house kick, double knife hand block
6. Round house, reverse turning round house
7. Instep kick, reverse turning hook

Patterns (Poomsae)

1. Review lower forms
2. Taegeuk Oh-jang
3. Taegeuk Yook-jang (4R)

One-Step Techniques

5 hand-techniques and 5 foot-techniques. Perform left and right.

Sparring

2 rounds, 1.5 minutes each round

Breaking

One board, side kick, right or left foot

4th KUP (Blue Belt)

1. Catch stance, reverse open hand pushing mid-section block
2. Back stance double knife hand low block
3. Catch stance, palm downward block, palm fist block (double motion), back fist
4. Front stance double forearm block (high & low block)
5. Double forearm outward block, knee strike, slide forward, double upset punch with cross stance, step back X fists block
6. Walking stance back fist strike, crescent kick, riding stance, elbow strike
7. Riding stance, knife hand block

8. Riding stance, mid-section side punch
9. Jumping double instep kick

Patterns (Poomsae)

1. Review lower forms
2. Taegeuk Yook-jang
3. Taegeuk Chil-jang (3R)

One-Step Techniques

5 hand-techniques and 5 foot-techniques. Perform left and right.

Sparring

2 rounds, 1.5 minutes each round

Breaking

One board, back kick, right or left foot

3rd KUP (Blue Belt with 2 Red Stripes)

1. L-stance, double forearm block, change to front stance, reverse mid-section punch
2. Jumping front kick, inward front block, double mid-section punch
3. Front stance, high back fist, low block in double motion
4. L-stance double forearm low block, front kick, jumping front kick (double motion), inward front block, double mid-section punch
5. L-stance knife hand side block, change to front stance, reverse elbow, back fist, mid-section punch
6. Flying sidekick, jumping high kick

Patterns (Poomsae)

1. Review lower forms
2. WTF: Taegeuk Chil-jang
3. Taegeuk Pal-jang (2R)

One-Step Techniques

5 hand-and-foot techniques. Perform left and right.

Sparring

2 rounds, 1.5 minutes each round

Breaking

1. One board, turning wheel kick, right or left foot
2. One board, jumping kick, off the ground

2nd KUP (Red Belt)

1. Side kick, back stance knife hand strike
2. Left right round house kick (double motion)
3. L-stance, reverse 45 degree mid-section punch
4. Double side kick
5. Front stance, low knife hand block, high arc hand punch, front kick, scooping block, palm fist punch
6. Front stance, mid-section knife hand strike, low knife hand block (double motion)

7. Step side kick, slide side kick
8. Jumping double front kick

Patterns (Poomsae)

1. Review lower forms
2. WTF: Taegeuk Pal-jang
3. ITF: Hwa-Rang
4. 5 Basic Bo techniques

One-Step Techniques

Self-create 5 one-step techniques

Sparring

2 rounds, 2 minutes each round

Breaking

1. One board with hand: punch, ridge-hand, knife-hand, back fist
2. One board flying side kick

1st KUP (Red Belt with 2 Black Stripes and Embroidered)

1. Flying over object sidekick
2. Flying sidekick (long range)
3. Flying sidekick (same leg), L-stance double knife hand guarding block
4. U shape catching block, jump spinning double knife hand guarding block
5. Front stance downward block, ridge hand strike (double motion), round house, back kick
6. Front stance, double inner forearm block

Patterns (Poomsae)

1. WTF: Koryo
2. ITF: Choong-Moo, Kwang Gae
3. 5 Basic Bo techniques
4. 12 Basic Nunchaku techniques
5. Review all forms from 10th grade to 1st grade

One-Step Techniques

Self-create 5 one-step techniques

Sparring

2 rounds, 2 minutes each round

Breaking

1. One brick with hand: punch, ridge-hand, knife-hand, back fist
2. One board, 2 targets:
 - a. Off the ground: Flying side kick over obstacle or high kick
 - b. On the ground: Back kick or reverse turning kick

Written Test

Answer 10 Taekwondo Questions

1-POOM / 1-DAN

Foot Techniques

1. Split kick
2. Twisting kicks
3. Jumping high kick
4. Flying spinning back kick
5. 360 degree instep kick

1-POOM

Forms

Review Forms:

1. WTF: Taeguk Forms 1 through 8, Koryo
2. ITF: Kibon I, Kibon II Saju Chirugi, Hwa-rang, Choongmoo

Required Forms:

1. WTF: Geumgang, Tae-Baek (2Poom-R)
2. ITF: Kwang-Gae, Po-Eun (2Poom-R)

Techniques – Semi-Sparring

Flying kicks: side, high, back, split, double front, 360 degree spinning back, jumping 360 degree

Weapons

Nunchaku Form #1 or Bo Form #1

Self-Defense

Judo techniques

1-DAN

Forms

Review Forms:

1. WTF: Taeguk Forms 1 through 8, Koryo,
2. ITF: Kibon, Saju Chirugi, Hwa-rang, Choongmoo,

Required Forms:

1. WTF: Geumgang, Tae-Baek (2Dan-R)
2. ITF: Kwang Gae, Po-Eun (2Dan-R)

Techniques – Semi-Sparring

Flying kicks: side, high, back, split, double front, 360 degree spinning back, jumping 360 degree

Weapons

Nunchaku Form #1; Bo Form #1

Self-Defense

Judo techniques

Breaking

1. 2 bricks with hand: punch, ridge-hand, knife-hand, back fist
2. 2 board, 2 targets:
 - a. Off the ground: Flying back kick or high kick
 - b. Personal and Special Breaking Technique
 - c. Poom Belt: 1 board, 1 brick

Written Test

Answer 10 Taekwondo Questions

2-POOM

Forms

Review Forms:

1. WTF's: 8 Taeguk Forms, Koryo, Geumgang
2. ITF's: Kibon I, Saju Chirugi, Kibon II, Hwa-rang, Choongmoo, Kwang-gae

Required Forms:

1. WTF: Tae-Baek, Pyungwon (3Poom-R)
2. ITF: Po-Eun, GaeBaek (3Poom-R)

Techniques – Semi-Sparring

Flying kicks: side, high, back, split, double front, 360 degree spinning back, jumping 360 degree

Weapons

Nunchaku Form #2 or Bo Form #2

Self-Defense

Judo techniques

2-DAN

Forms

Review Forms:

1. WTF's: Taeguk 1 thru 8, Koryo, Geumgang,
2. ITF's: Kibon, Saju Chirugi, Hwa-rang, Choongmoo, Kwang Gae, Po-Eun, Ge-Baek

Required Forms:

1. WTF's: Tae-Baek, Pyungwon (3Dan-R)
2. ITF's: Po-Eun, Ge-Baek (3Dan-R)

Techniques – Semi-Sparring

Flying kicks: side, high, back, split, double front, 360 degree spinning back, jumping 360 degree

Weapons

Nunchaku Form #2; Bo Form #2, Knife form #1

Self-Defense

Judo techniques

2-DAN Candidates – Requirements:

15 years of age and older: (DAN) at least 2 years of continuous training

Under 15 years of age: (POOM) at least 2.5 years of continuous training

3-DAN

Forms

Review Forms:

3. WTF's: Taegeuk 1 thru 8, Koryo, Geumgang, Taebaek
4. ITF's: Kibon I, Saju Chirugi, Kibon II, Hwa-rang, Choongmoo, Kwang Gae, Po-Eun, Ge-Baek

Required Forms:

3. WTF's: Pyungwon, Sip-jin (4Dan-R)
4. ITF's: Eui-Am, Choong-jang (4Dan-R)

Techniques – Semi-Sparring

Flying kicks: side, high, back, split, double front, 360 degree spinning back, jumping 360 degree

Weapons

Nunchaku Form #3; Bo Form #3, Knife form #2

Self-Defense

Judo techniques

3-DAN Candidates – Requirements:

15 years of age and older: (DAN) at least 3 years of continuous training