



# Beginner Program

White Belt		
Form	Tactile	Self-Defense
Kwan Bup 1-8 Kicking Test 1-2 In Hyung Basic Striking: • Kicks 1-5 • Hand Strikes 1-8 • Elbow Strikes 1-4	Hubut 1-7	Basic Self-Defense 1-13 Basic Dance of Pain 1-6 Basic Nak Bup 1-5

## Color Belt Program

Yellow-Brown Belt	
Form	Tactile & Self-Defense
Kwan Bup Kicking Test Long Form	Current Section

Belt	Form	Sparring
Yellow	Oui Hyung	Hands only
Orange	Balance Form	Hand & foot strikes
Green	Yeh Hyung	
Blue	Ji Hyung	Randori
Purple	Shin Hyung	
Red	Sun Hyung	Ground
Brown	Duk Hyung	Free Sparring

Section	Tactile & Self-Defense
1 Boxing & Self-Defense	Boxing Blocking 1-8 Intermediate Self Defense 1-15
2 Boxing & Self-Defense	Boxing Counters 1-10 Intermediate Self Defense 16-27
3 Hubut & Joint Locks	Hubut Disruptions 1-10 Intermediate Dance of Pain 1-12
4 Knife Defenses	Dan Gum Maki Sul 1-25
5 Knife Defenses	Open hand vs. knife flows Knife vs. knife flows Blocking: Star palm strikes and blocking at elbow Clinch: Wrist/Arm Control & Wrist Overhook Dan Gum Maki Sul 26-35
6 Standing Grappling	Clinch 1-5 Take Downs 1-10
7 Kali	8 Angles (stick and knife) Basic Stick Strikes (1-5) Open hand vs. knife flows Knife vs. knife flows 7-Step Distance Kali 10-Step (stick, knife & open hand)

Belt	Extra Requirements
Orange	Honor Project
Green	Intermediate Nak Bup 1-6
Purple	Brotherhood Project

## Preparing for Black Belt

Pum Dan	
Form	Tactile & Self-Defense
Kwan Bup Chung Hyung Yong Hyung	Jok Bang A Sul Hammer and Kerambit

Pum Dan includes review of all previous material,  
Bong Sa project and Black Belt Thesis