

WU'S TAE KWON DO SCHOOL (CANADA)

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RED BLACK BELT SYLLABUS

RED BLACK BELT (1 GEUP) To BLACK BELT 1ST DAN / POOM

1. Pre-Test
 - Written Test
 - Holding Board Test
2. Poomsae – 19 Steps and Taeguek 1 to Taeguek 8
3. Self Defense – All Blue Red Belt to Red Black Belt Self Defense
4. Step Sparring – All White Belt to Blue Belt Step Sparring
5. Breaking
 - Roundhouse Kick
 - Side Kick
 - Back Kick
 - Back Hook Kick
 - Knife Hand Chop
 - Punching
 - Jump High Kick
 - Jump Side Kick
6. Free Sparring
7. Flexibility Test
8. Physical Test
9. Minimum 30 Lessons of Training