














Omaha Blue Waves Martial Arts

TaeKwon-Do Core Competencies

Rank	Form	Floor Exercises	One-Step Sparring	Free Sparring	Self-Defense	Breaking	Knowledge
10th Gup 1R White/Yellow Stripe (Beginner) 5-7 year old ranks 	<i>Tiger I</i>	Horse Stance, Front Stance, Fighting Stance	N/A	N/A	N/A	N/A	Tenets  Approved Curriculum
10th Gup 2R Yellow/White Stripe (Beginner) 5-7 year old ranks 	<i>Tiger II</i>	Horse Stance, Front Stance, Fighting Stance, Back Leg Front Kicks, Front Leg Side Kicks, Back Leg Round House Kicks	3 Techniques Total	N/A	N/A	N/A	Tenets/Student Oath
10th Gup White to 9 th Gup Yellow (Beginner) 2 to 3 Months in Grade – Average 	<i>Chon-Gi</i> Literally translated Chon-gi means “Heaven and Earth from the Chinese Book of Changes called the “I-Ching” (19 Movements)	Horse Stance, Front Stance, Fighting Stance, Back Leg Front Kicks, Front Leg Side Kicks, Back Leg Round House Kicks, Down Block, Rising Forearm Block, Straight Punch	5 Techniques Total	N/A	N/A	N/A	Knowledge of Form, Student Oath, Tenets
9 th Gup Yellow to 8 th Gup Gold (Beginner) 2 to 3 Months in Grade – Average 	<i>Dan Gun</i> Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C. His mother was a bear and father was a Tiger. (21 movements)	Add: Inside Block, Outside Block, Sudo, Reverse Punch, Inside Crescent Kick, Outside Crescent Kick	7 Techniques Total	N/A	Basic Falls	N/A	Add: Knowledge of Form
8 th Gup Gold to 7 th Gup Orange (Beginner) 2 to 3 Months in Grade – Average 	<i>Dan Gun</i> Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C. His mother was a bear and father was a Tiger. (21 movements)	Add: Double Forearm Block, Inside Scoop Block, Obverse Punch, Axe Kick	10 Techniques Total	N/A	Add: Balance Displacement Techniques (pelvic roll, sweeps, throws)	N/A	Add: Short Test on Basic Verbal Commands in Korean
7 th Gup Orange to 6 th Gup Green (Beginner) 3 to 4 Months in Grade – Average 	<i>To San</i> To San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.	Add: Double Upset Block, Outside Scoop Block, Knife Hand Strike, Front Leg Front Kicks, Back Leg Side Kicks, Front Leg Round House Kicks	10 Techniques Total 3 Techniques Pre-Sparring	N/A	Add: Control Techniques (Basic joint locks – upper body)	N/A	Add: Knowledge of Form, Verbal - Basic History of TaeKwon-Do

<p>6th Gup Green to 5th Gup Purple (Intermediate) 4 to 6 Months in Grade – Average</p> 	<p>Won Hyo Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D</p>	<p>Add: Cat Stance, Double Upset Block, Outside Scoop Block, Hammer Fist, Back Fist, Front Leg Twist Kicks, Front Leg Double Side Kicks</p>	<p>15 Techniques Total 5 Techniques Pre- Sparring</p>	<p>3 Minutes Light Contact Free Spar – One opponent</p>	<p>Add: Control Technique s (Basic joint locks – lower body)</p>	<p>N/A</p>	<p>Add: Knowledge of Form, Verbal – What has the student learned about him/herself from studying TaeKwon- Do?</p>
<p>5th Gup Purple to 4th Gup Blue (Intermediate) 4 to 6 Months in Grade – Average</p> 	<p>Yul Guk Yul Guk is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram represents "scholar"</p>	<p>Add: C-Blocks, X Blocks, Spinning Back Fist, Hook Kick, Spinning Side Kick, Spinning Crescent Kick, Spinning Axe Kick</p>	<p>20 Multiple Techniques Total</p>	<p>3 Minutes Light Contact Free Spar – One opponent, two times</p>	<p>Add: Pain Compliance Technique s (Touch Technique s)</p>	<p>N/A</p>	<p>Add: Knowledge of Form, verbal explanation of the meaning of the tenets</p>
<p>4th Gup Blue to 3rd Gup Red (Intermediate) 4 to 6 Months in Grade – Average</p> 	<p>Chung Gwen Chung Gwen is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea- Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).</p>	<p>Add: Ridge Hand Strike, Bow Hand Strike/Block, Directed Targeting, Back Leg Jumping Front Snap Kick, Back Leg Jumping Round House Kick, Back Leg Jumping Side Kick, Spinning Hook Kick</p>	<p>20 Multiple Techniques Total</p>	<p>3 Minutes Light Contact Free Spar – One opponent, three times</p>	<p>Add: Basic Motor Nerve Points</p>	<p>N/A</p>	<p>Add: Knowledge of Form, verbal explanation of how the student 'lives' the tenets</p>
<p>3rd Gup Red to 2nd Gup Brown (Advanced) 6 to 8 Months in Grade – Average</p> 	<p>Ti Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram represents "scholar".</p>	<p>Add: Tiger Claw Strike/Block, Finger Strike, Jumping Front Leg Front Snap Kick, Jumping Front Leg Round House Kick, Jumping Front Leg Side Kick</p>	<p>20 Advanced Techniques Total</p>	<p>3 Minutes Light Contact Free Spar – One opponent, two times; Two opponents one times</p>	<p>Add: Ground Defense</p>	<p>N/A</p>	<p>Add: Knowledge of Form, verbal explanation , verbal explanation of self- defense</p>

<p>2nd Gup Brown to 1st Gup Brown/Black Stripe</p> <p>(Advanced) 6 to 8 Months in Grade – Average</p> 	<p>H'wrang H'wrang is named after the Hwaang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.</p>	<p>Add: Pole Blocks, Pressing Blocks (3), Jump Spinning Crescent Kick, Jump Spinning Side Kick, Jump Spinning Hook Kick, Twist Kick</p>	<p>30 Advanced Techniques Total</p>	<p>3 Minutes Light Contact Free Spar – One opponent, two times; Two opponents one time</p>	<p>Add: Weapon Defense</p>	<p>Age/Size Dependent (at least one ¾ inch pine board – up to two)</p>	<p>Add: Knowledge of Form, verbal explanation, verbal explanation on what it means to be a black belt, 20 hours in grade 'student' teaching</p>
<p>1st Gup Brown/Black Stripe to 1st Dan Black</p> <p>(Advanced) 10 to 12 Months in Grade – Average</p> 	<p>Chung Mu Chung Mu was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.</p>	<p>Add: Directed Targeting Technique Application, Fluid Combination Technique Application</p>	<p>40 Advanced Techniques Total</p>	<p>3 Minutes Light Contact Free Spar – One opponent, one time; Two opponents one time; Multiple Attackers (3 or More)</p>	<p>Add: Multiple Attackers – <i>Controlled Defense</i>. All Techniques Allowed.</p>	<p>Age/Size Dependent (at least one ¾ inch pine board – up to three)</p>	<p>Add: Knowledge of Form, verbal explanation, 3 two page (minimum) written essays on martial arts – subject matter determined by examination board, verbal challenge on western concepts/motivations, add 30 hours 'student' teaching</p>

Please use the core competencies as a guide only. Actual examinations may include techniques and/or requirements not listed above. Check with your instructor with any specific questions you may have about testing requirements or the testing process.

Note* Rank progression in martial arts is effected by a number of different factors such as: student age, developmental abilities, amount of time spent practicing, aptitude, and personal drive. Students (and parents) are cautioned against judging individual progress against the progress of other practitioners. Each person will progress at his or her own pace and that pace may vary throughout his or her studies.