



jhoon rhee tae kwon do

Black Belt Curriculum

Testing and Graduations: Tip testing will be held periodically. There are no fees for these tests and you must still attend one of the monthly tests. The stripe system used in the under belt system will not be used. However, each student must fulfill 4 requirements which are very similar to receive their new tip.

Time/Attendance: 24 Classes and 3 months time is the minimum requirement to progress from one tip to the next (30 classes and 4 months from Brown Tip to 2nd Dan).

Leadership: 8 Leadership credits is the minimum requirement to progress from one tip to the next.

Academic/Goal (for adults not in school): For each tip, you are required to submit a substantial achievement in school such as major test or project. Adults are asked to submit a goal sheet that is equally as substantial.

Character/Community Service: As representatives of Jhoon Rhee Tae Kwon Do and leaders in the community, we want to make sure we help make a positive impact on our community. Please take this time as Black Belts to be creative on making a difference in your community. Please submit a write-up of your project or something from any sort of community service you have performed since your last promotion. Please see us for suggestions.

Curriculum: At each tip you will have curriculum to perform as outlined in your curriculum guide. You must prove proficiency in order to move from tip to tip. The original Jhoon Rhee Tae Kwon Do books for the traditional forms will be required for each tip.

Notebook Addition: Aside from keeping your notebook up to date, the essay for 2nd Dan is, "What Teaching Jhoon Rhee Tae Kwon Do Has Done For Me."

(continued on next page)



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1st Dan Curriculum

Current Tip	Forms/ Technical	Sparring	Breaking*	Misc.**
No Tip	Chon-ji Tan-Gun 65 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Basic	Basic Kick • Back Front • Side Kick	Traditional 1-Step Beg. Grappling Basic
Gold	To-San Won-Hyo 9-count double 70 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Basic	Basic Hand • Hammer fist	Traditional 1-Step Beg. Grappling Inter.
Orange	Yul-Guk Belt Stretch 90 secs 75 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Interm.	Open Hand Beg. • Side chop • Palm Heel*	Traditional 1-Step Int. Kama Int. Grappling Adv. Full contact Basic
Green	Chung-Gun Rough Draft Creative Form 80 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Adv.	Heel of Foot Int. Open Hand Int. • Reverse Side • Elbow Strike • Back punch*	Traditional 1-Step Int. Grappling Takedown Full contact Inter.
Purple	Toi-Gye 85 push-ups Beethoven 1st half	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Adv.	Creative selection • 2-series	Traditional 1-Step Adv. Grappling Takedowns Traditional 1-Step Adv.
Blue	Hwa-Rang Beethoven 90 push-ups	Inter/Adv. Point Inter/Adv. Free 3 vs. 1 Basic	Creative selection • 3-series	Stand/Ground Combo Traditional 1-Step
Red	Chung-Mu 2 min belt Stretch 95 push-ups	Inter/Adv. Point Inter/Adv. Free 3 vs. 1 Intermediate	Creative selection • 4-series	Creative Form Stand/Ground Combo
Brown	Creative Form 100 push-ups	Advanced Point Advanced Free 3 vs. 1 Advanced	Creative selection • 4-series (ball of foot, heel, open hand, closed hand)	

* Certain breaks will be limited depending on age.

** Miscellaneous curriculum is not required curriculum to proceed to 2nd degree, however will still be taught as extracurricular knowledge of Tae Kwon Do and other martial arts based on a student's age and ability. Grappling and full-contact and considered extra-curricular to Tae Kwon Do and will only be taught to Adults.