

# Martial Arts Carolina

## Taekwondo Form and Rank Requirements

### Junior Program:

1. FORMS: With the exception of Chon Ji, forms will be taught in approximately equal halves per cycle.
  - a. A total of 8 forms low (4), mid (3), and upper (1) rank forms will comprise the junior colored belt curriculum.
  - b. Hwa-rang will be taken out of the Junior colored belt system and added to the 2<sup>nd</sup> - 3<sup>rd</sup> degree curriculum requirement.
  - c. The second mid-term may be phased out depending on the success of this format.
  - d. The goal is sharp, balanced, and powerful form technique.
2. SELF-DEFENSES: Noted on form sheet.
3. BREAKING: Generally a one hand (i.e. knifehand, rev. or back elbow, palm heel) strike and one foot (i.e front, side round, rev. side kick) strike "power" technique.
  - a. Brown Belt through Red/Brown Belt: A total of two stations.
  - b. Red Belt through Red/Black 2 Belt: Add jump kick of any kind making it 3 stations.
  - c. Junior Black Belt: 3 stations, but replace jump kick with running jump #4 side kick over obstacle. Breaks will remain virtually the same to 1 Dan.
4. SPARRING: Required for testing starting at Green Belt; students may start sparring at Yellow Belt.
5. FORM AND RANK KNOWLEDGE: Noted on form sheet and on placards at school.
6. SCHOOL PROJECT: Assigned at Junior Black Belt and due prior to the last 1 Dan mid-term.

### Adult Program:

7. FORMS: Unlike the Junior program, All forms at the adult level will be taught in whole per cycle.
  - a. A total of 9 forms low (4), mid (3), and upper (2) rank forms will comprise the colored belt curriculum.
  - b. There is neither Camo belt, nor Red/Black 2 Belt in the adult curriculum.
  - c. The goal is sharp, balanced, and powerful form technique.
8. SELF-DEFENSES: Noted on form sheet. 1 more technique required compared to the junior program.
9. BREAKING: Generally a one hand (i.e. knifehand, rev. or back elbow, palm heel) strike and one foot (i.e front, side round, rev. side kick) strike "power" technique.
  - a. Purple Belt through Blue Belt: A total of two stations.
  - b. Brown Belt through Red/Brown Belt: Add a "block to break" of any kind making it 3 stations.
  - c. Red through Red/Black Belt: Replace block to break with jump kick of any kind.
  - d. Junior Black Belt: 3 stations, but replace jump kick with running jump #4 side kick over obstacle or the like. Breaks will remain virtually the same to 1 Dan.
10. SPARRING: Required for testing starting at Green Belt; students may start sparring at Yellow Belt. Must attend 3 sparring classes per cycle.
11. FORM AND RANK KNOWLEDGE: Noted on form sheet and on placards at school
12. SCHOOL PROJECT: Assigned at Junior Black Belt and due prior to the last 1 Dan mid-term.

### Form Notes:

- All forms start facing North.
- Directions are listed as N,S,E,W
  - North- flag
  - East- dressing rooms
  - South- back room
  - West- parking lot
- Turns are clockwise (CW) or counterclockwise (CCW)
- Stances are Left (L) or Right (R)
  - F- front stance
  - B- back stance
  - R- rear/ cat stance
  - M- middle/ horse stance
  - C- closed stance
  - X- crossed stance
  - Cr- crane/ one-legged stance