

White Belt to Orange Belt	Orange Belt Form Hak Won Il Boo	Orange Tag Form Hak Won Eh Boo Hak Won Sam Boo
Il suchi dae ryun=one step fighting techniques (Hand) 1-5	Il suchi dae ryun=one step fighting techniques (Kick) 1-5	Ho sin sul=Self Defence Techniques 1-5
Attack with high punch	Attack with high punch	Front attack
1. Elbow strike Step left leg back into horse riding stance while executing an outside/inside knife hand block with right hand. Slide your stance towards the attacker and strike with right arm elbow to their solar plexus. Reinforce this strike with your left hand pushing on your right hand. Ki hap.	1. Front kick Step right leg back into fighting stance. When attacked deliver front kick to solar plexus with the right foot. Ki hap.	1. Same side wrist grab Attacker grabs left wrist with right hand. Open left hand spreading fingers apart, step back on right foot and pull left hand sharply down at 45 degrees at the same time. Execute a left hand back chop to attacker's neck. Ki hap
2. Step left leg back into horse riding stance while executing an outside/inside knife hand block with right hand. Immediately slide stance toward attacker and execute an elbow strike with right arm, reinforced with left hand, to solar plexus. Immediately spin anti-clockwise and execute an elbow strike with left arm, reinforced with right hand, to solar plexus. Ki hap.	2. Side kick Step right leg back into fighting stance. When attacked deliver a right leg side kick to the solar plexus. Ki hap.	2. Cross over wrist grab Attacker grabs right wrist with their right hand. Step right leg back into horse riding stance. Execute left hand chop to attacker's wrist (carpel bone area) simultaneously, pulling the right hand away. Execute right hand outside/inside chop to neck or temple. Ki hap.
3. Knife hand attack Step left leg back into back stance while executing an outside/inside knife hand block with right hand. Slide towards the attacker and deliver a right hand back chop to the neck. Ki Hap.	3. Round kick Step right leg back into fighting stance. When attacked deliver a right foot round kick to the solar plexus. Ki hap.	3. Attacker grabs left shoulder with right hand. Swing your left arm up and around inside/out hooking arm around elbow, stepping left leg forward into high front stance. Grab your forearm directly under the elbow and pull up and back. Ki hap.
4. Step left leg back into horse riding stance while executing an outside/inside knife hand block with right hand. Immediately change into front stance and execute a reverse punch with left hand to solar plexus. Ki hap.	4. Back kick Step right leg back into fighting stance. When attacked, turn to rear looking over your right shoulder and deliver a back kick to attacker's solar plexus. Ki hap.	4. Against a lapel grab Attacker grabs your left lapel or shoulder area with their right hand. Grab attacker's hand with your right hand. Endeavour to place your thumb on the back of their hand. Step right leg back into horse riding stance. Regardless of whether your opponent releases or not place your left hand in a knife edge position on the back of their right elbow and force them down towards the ground. Ki hap.
5. Diagonal escape and double action technique Step right leg forward into horse riding stance. Simultaneously, deliver an inside/outside block with the left hand and punch to philtrum with the right hand. Ki hap.	5. Start from choon bee, step right leg back into fighting stance and ki hap. When attacked, step left 65 degrees into front stance and execute right leg side kick to ribs. Ki hap.	5. Attacker grabs your belt palm upwards with right hand. Place hands under the attacker's elbow step left leg forward then pull up and back. Ki hap.

Orange Belt to Green Belt	Green Belt Form Hak Won Sam Boo Pyung Ahn Cho Dan	Green Belt Tag Form Pyung Ahn Cho Dan Pyung Ahn Ee Dan
Il suchi dae ryun=one step fighting techniques (Hand) 6-10	Il suchi dae ryun=one step fighting techniques (Kick) 6-10	Ho sin sul=Self Defence Techniques 6-10
Attack with high punch	Attack with high punch	Rear attack
6. Three punches Step left 45 degrees into horse riding stance while executing an outside/inside knife hand block with the left hand. Execute right and left hand centre punches to ribs. Change to front stance and execute a right hand punch to temple. Ki hap.	6. Duck, round kick Start from right leg back in fighting stance. When attacked step left leg 65 degrees ducking under the punch. Execute right leg round kick to mid section. Ki hap.	6. Attacker grabs belt palm down with right hand. Step left leg back into horse riding stance (between attacker's feet). Bring left arm over attacker's arm, forearm against elbow. Grab your left hand with your right, twist upper body clockwise and lower left knee to ground, push attacker's elbow down forcing them to the ground. Ki hap.
7. Knife hand attack Step right 45 degrees into horse riding stance. Simultaneously executing a left hand inside/outside knife hand block to wrist and a right hand outside/inside chop to neck. Ki hap.	7. Start from choon bee, step right leg back into fighting stance and ki hap. When attacked raise right leg and execute a push kick using outer edge of foot to mid section. Ki hap.	7. Collar grab Attacker grabs collar with right hand. Step left leg back hook left arm under and over attacker's arm. Place your forearm against their elbow grabbing your left hand with your right. Twist upper body clockwise and lower tour left knee to the ground forcing your attacker to the ground. Ki hap.
8. Elbow strike to face Step right leg back into fighting stance. Execute a left hand inside/outside knife hand block to wrist chambering right hand. Immediately grasp wrist with left hand and pull forward. Execute a right hand elbow strike to face. Ki hap.	8. Wrist grab, round kick Start from right leg back in fighting stance. When attacked execute left hand inside/outside knife hand block to wrist. Grab attacker's forearm with right hand and execute right leg round kick to jaw or temple. Ki hap.	8. Double wrists grab Attacker grabs both wrists pushing your right arm up your centre back. Step left leg forward into horse riding stance snapping left arm forward to break grip. Turn your right hand clockwise grabbing attacker's wrist. Pivot right foot 180 degrees into horse riding stance placing left foot behind attacker's right. Place left hand against attacker's right elbow. Pivot left foot 180 degrees right into front stance pressing down on the elbow forcing attacker to the ground. Ki hap.
9. Step right leg forward into horse riding stance while executing a right hand outside/inside knife hand block to wrist. Immediately execute a right hand elbow strike to solar plexus, followed by back fist to philtrum, then hammer fist to groin. Ki hap.	9. Wrist grab, side kick Start from right leg back in fighting stance. When attacked execute left hand inside/outside knife hand block to wrist. Grab attacker's forearm with both hands, turn wrist to face upward and pull towards you. Execute right leg side kick to ribs. Ki hap.	9. Strangle hold Attacker grabs round your neck with right arm. Immediately turn your head into crook of elbow. Shift your hips right and step left leg behind right foot into horse riding stance. Execute reinforced left elbow strike to solar plexus, force attacker over left leg to take down. Ki hap.
10. Step right 45 degrees into horse riding stance executing left hand punch to solar plexus, followed simultaneously by left hand inside/outside knife hand block and right hand punch to philtrum. Ki hap.	10. Start from choon bee, step right leg back into fighting stance and ki hap. When attacked step left 65 degrees and execute a right hand inside/outside knife hand block to wrist, grab and execute right leg hook kick to neck or spine. Ki hap.	10. Head lock at waist height Attacker executes a head lock with right arm at waist height holding his own arm. Step left leg behind attacker's right leg. Bring left arm up and over attacker's shoulder, placing knife edge of hand under attacker's nose. Drive left hand up against nose pushing attacker over left leg to take down. Ki hap.

Green Belt to Brown Belt	Brown Belt Form Pyung Ahn Ee Dan Pyung Ahn Sam Dan	Brown Belt Tag Form Pyung Ahn Sam Dan Pyung Ahn Sa Dan Bong Hyung Il Boo
Il suchi dae ryun=one step fighting techniques (Hand) 11-15	Il suchi dae ryun=one step fighting techniques (Kick) 11-15	Ho sin sul=Self Defence Techniques 11-15
Attack with high punch	Attack with high punch	Side attack
11. Grab and knee strike to middle Step left 45 degrees into horse riding stance while executing an outside to inside heel of palm block with the left hand. Grab right shoulder with right hand and pull forward. Change to front stance, using right leg, execute knee strike to solar plexus. Ki hap.	11. Wheel kick Start from right leg back in fighting stance. When attacked execute right leg outside/inside block followed by left leg wheel kick to face. Ki hap.	11. Shoulder grab Attacker grabs right shoulder with right hand. Grab attacker's hand with your right hand. Twist hand clockwise and pull across chest. Place left hand knife edge against elbow (teach shoulder to juniors). Push down with left hand and pull up with right hand forcing attacker to the ground. Ki hap.
12. Grab and knee strike to face Step right leg back into fighting stance. Execute left hand inside/outside knife hand block to wrist. Slide left leg into short front stance and grab head with both hands. Pull head down and execute a right leg knee strike to the face. Ki hap.	12. Block and side kick Start from right leg back in fighting stance. When attacked execute right leg outside/inside block using inside edge of foot. Without placing foot down execute a side kick to solar plexus or head. Ki hap.	12. Wrist grab Attacker grabs left wrist with right hand. Twist your left palm upwards. Reach across with right hand place your thumb on back of attacker's hand and wrap your fingers around the thumb side of hand. Pull your left hand free and continue to twist 180 degrees anti-clockwise taking attacker to the ground. Ki hap.
13. Step right leg forward into horse riding stance and execute right hand outside/inside knife hand block to wrist. Left fist chambered. Execute right hand knife hand attack to right temple or neck, spin 180 degrees anti-clockwise and execute left hand, knife hand attack to left temple or neck. Ki hap. Finish in cross leg stance.	13. Groin and head kick Start from right leg back in fighting stance. When attacked execute low front kick to groin. Without placing foot down execute a round kick to the head. Ki hap.	13. Attacker steps past your side and snatches at imaginary handbag or camera over your shoulder. As attacker moves past you reach forward grabbing clothing or hair and pull sharply backwards taking attacker to the floor.
14. Knee stamp and take down Step left 45 degrees into horse riding stance. Execute left hand outside/inside heel of palm block to wrist. Grab right shoulder with right hand. Execute right leg stomp kick to back side of right knee. Pull backwards with right hand to take down. Place right knee on rib cage and execute left hand punch to philtrum. Ki hap.	14. Start from choon bee, step right leg back into fighting stance and ki hap. When attacked execute left leg inside/outside crescent kick block followed by right leg low front kick to groin, without placing foot down execute round kick to left temple. Ki hap.	14. Wrist grab Attacker grabs your left wrist with right hand. Immediately pull your left hand towards your side Immediately thrust your hand upwards grabbing your attacker's wrist. Execute a left leg side kick to ribs or armpit. Ki hap.
15. Forearm to throat and take down Step left 45 degrees into horse riding stance and execute left hand outside/inside heel of palm block to wrist. Strike with right forearm to chest or neck area simultaneously move right leg behind attacker's right leg. Sweep, pushing backwards for take down. Left hand punch to philtrum. Ki hap.	15. Start from choon bee, step right leg back into fighting stance and ki hap. When attacked step left 65 degrees and execute right leg inside/outside kick block, without placing foot down execute round kick to face. Ki hap.	15. Attacker grabs around your shoulders with right arm. Place your left hand on attacker's lower back at same time reach over attacker's right shoulder with your right hand grabbing the neck. Pull down on attacker's neck while executing a knee strike to solar plexus. Ki hap.

Brown Belt to Red Belt	Red Belt Form Pyung Ahn Sa Dan Pyung Ahn Oh Dan	Red Belt Tag Form Pyung Ahn Oh Dan Bassai Bong Hyung Ee Boo
Il suchi dae ryun=one step fighting techniques (Hand) 16-20	Il suchi dae ryun=one step fighting techniques (Kick) 16-20	Ho sin sul=Self Defence Techniques 16-20
Attack with high punch	Attack with centre front kick	Two hand grabs attacks
16. Double elbow strike to ribs Step left 15 degrees, at the same time outside/inside block with the left hand. Right elbow strike to front of ribs then reverse elbow strike to back of ribs. Ki hap.	16. Knee strike Start from choon bee and step back on right leg and low cross block. Grab attacker's left leg and pull forward. Right hand centre punch and right knee strike. Ki hap.	16. Attack = straight double wrist grab from front. Break by rolling hands in and up keeping hand close to body. Use one hand to break grip on the other wrist with pressure against thumb and wrist joint whilst pushing down and stepping back on left leg. Ki hap.
17. Right leg back into back stance at same time left hand inside/outside block. Right hand two finger strike to eyes, then with same hand back fist to attacker's right temple. Ki hap.	17. Spinning back hook kick Mirror image back stance, right leg forward. Step back right leg at same time left hand low block. Execute a turning back hook kick with right leg. Ki hap.	17. Attack = double wrist grab from rear. Break by right leg back kick to mid section. Raise arms, step down and back to right of attacker, duck under and twist their arm up their back. Ki hap.
18. Palm strike to face Step right leg back into fighting stance. Execute left hand inside/outside knife hand block to wrist. Step forward to put right leg behind attacker's left leg and at same time palm strike with right hand to attacker's face. Push attacker's chin up and back. Take down. Ki hap.	18. Mirror image back stance, right leg forward. Step back right leg at same time left hand low block, turning back hook kick with right leg followed by right leg round kick without placing foot on ground. Ki hap. Ki hap.	18. Attack = double lapel grab from front. Grab attacker's right hand with your right hand and step right leg back into horse riding stance keeping attacker's arm to chest, place knife edge of left hand to attacker's elbow and push down keeping right hand to chest. Ki hap.
19. Attack to right elbow Step left leg back into back stance. Execute a right hand inside/outside block, grab wrist and turn clockwise. Simultaneously swing left leg forward and sweep back whilst striking the attacker's right elbow with your left hand. Ki hap.	19. Start from choon bee step left 20 degrees stopping kick with left hand outside/inside and right hand low knife hand. Lift attacker's leg using right arm. Right leg comes through forward and sweeps back while left hand pushed down on shoulder. Take down. Ki hap.	19. Bear hug from the rear – under arms You are grabbed in a bear hug from the rear with your arms free. Break by stepping out and back with right leg so attacker's right leg ends up between your feet. Bend down and grab attacker's ankle, pull up on the attacker's leg whilst pushing down with your buttocks. Hold onto the foot and back kick with left leg to groin or face. Ki hap.
20. Left leg forward into back stance at same time left hand inside/outside block. Grab the attacker's wrist while doing a right elbow strike to ribs. Right leg step through and right hand reinforcing grip on wrist from below, providing a figure four arm lock and take down. Ki hap.	20. Jump front kick Mirror image back stance, right leg forward. Step back right leg and with left hand low block. Jump front kick with right leg. Ki hap.	20. Bear hug from the rear You are grabbed in a bear hug from the rear with your arms trapped. Break by dropping into horse riding stance and bringing arms up. Right and left elbow strikes to rear. Back kick if necessary. Ki hap.

Red Belt to Cho Dan Bo	Cho Dan Bo Form Bassai Naihanchi Cho Dan	
Il suchi dae ryun=one step fighting techniques (Hand) 21-25	Il suchi dae ryun=one step fighting techniques (Kick) 21-25	Ho sin sul=Self Defence Techniques 21-25
Attack with high punch	Attack with centre front kick	Knife attack
21. Elbow strike to back Step back on left leg into back stance at the same time right hand inside/outside block. Grab wrist and pull forward on left leg into front stance at the same time left hand push down on attacker's shoulder. Right elbow strike over into the center of attacker's back. Ki hap.	21. Crescent kick Start from back stance with left leg forward. Step back on left leg and right hand low block. Left leg front kick, land forward and turn back right leg crescent kick. Ki hap.	21. Arm lock take down Attacker executes knife thrust to your middle. Step left 45 degrees. Left hand reaches over to grab inside of attacker's hand, whilst the right hand grabs outside of attacker's hand. Twist anti-clockwise and step back on the left leg. Take down with arm lock or drag round onto face twisting arm up and pushing shoulder down with left leg.
22. Step forward on left leg at same time right hand inside/outside block, grab attacker's wrist and twist round and under their arm. The left hand back fist to face and left leg side kick to knee. Ki hap.	22. Diagonal image back stance, left leg forward. Right and left hand palm block attacker's leg to left. Right leg round kick continue round left leg back kick. Ki hap.	22. Wrist lock and choke Attacker executes overhead downward attack. Step left 45 degrees. With left hand high block. Step through with right leg whilst right arm goes across attacker's throat. Join hands behind attacker's head. Turn body towards attacker and choke against right shoulder. Step through right leg and lower over bent knee. Take down. Ki hap.
23. Step left 15 degrees into horse riding stance and trap incoming attack between your two forearms, hold arm against your chest and twist and push down. Take down. Ki hap.	23. Diagonal image back stance, left leg forward. Step back on left leg, right hand low block, 360 degree spinning round kick with right leg. Ki hap.	23. Attack = knife slash upwards, groin to throat. Step forward into low X block. Swing knife hand outwards to left and step through underneath arm. Turn ant-clockwise driving knife arm of attacker back towards their own abdomen. Ki hap.
24. Triple strike Step forward right leg and at the same time inside/outside knife hand block to wrist with the left hand. Right fist upper cut to the chin. Left hand spear hand to groin and right hand chop to temple. Ki hap.	24. Jump back kick Start from back stance with left leg forward. Step back on left leg and right hand low block. Jump back kick with left leg. Ki hap.	24. Elbow lock Attacker executes reverse knife slash to the face. Step left 45 degrees by attacker's foot. Right hand inside/outside block and grab wrist while turning clockwise. Left arm across throat. Lock attacker's head in the bend of your elbow whilst pulling attacker's arm to your chest forcing attacker back. Ki hap
25. Step forward right leg at same time inside/outside block with left hand and right elbow strike to temple. Left hand grabs wrist and pull forward while right back elbow to head. Then wrap right arm behind attacker's neck and pull down onto rising right knee. Ki hap.	25. Axe kick Start from back stance with left leg forward. Step left 45 degrees Right hand inside/outside block. Right leg axe kick. Ki hap.	25. Wrist lock and take down Attacker holds knife to your throat. Swiftly grab attacker's wrist with both of your hands and twist anti-clockwise. Simultaneously pull you head away and take attacker down. Ki hap.

<h2>Cho Dan Bo to Black Belt</h2>	<p>Black Belt Form Naihanchi Cho Dan Sip Soo Bong Hyung Sam Boo</p>	
<p>Il suchi dae ryun=one step fighting techniques (Hand) 26-30</p>	<p>Il suchi dae ryun=one step fighting techniques (Kick) 26-30</p>	
<p>Attack with high punch</p>	<p>Attack with front kick</p>	
<p>26. Step right 45 degrees front stance, while left hand inside/outside block. Left hand grabs attacker's wrist, twist under anti-clockwise and bring attacker's elbow down against left shoulder while raising body. Left elbow to ribs. Ki hap.</p>	<p>26. Round kick and back hook kick Attack with centre round kick. Start from back stance with left leg forward. Right and left palm block attacker's leg to the right. Right leg round kick to centre and continue to turn into left leg back hook kick. Ki hap.</p>	
<p>27. Ridge hand and knee strike Step back on right leg into back stance at the same time left hand inside/outside block. Right hand ridge hand strike to temple whilst pulling wrist forward with left hand. Right hand pulling head down into rising knee strike. Ki hap.</p>	<p>27. Diagonal image back stance, left leg forward. Left leg stop kick with side kick to attacker's shin, then diagonal kick without putting foot down. Right leg jump round kick. Ki hap.</p>	
<p>28. Wrist lock Step back right leg into horse riding stance and at the same time left hand outside/inside knife hand block to wrist. Grab back of attacker's hand with both hands pressing in with the thumbs to execute a wrist lock. Pull down and back against the wrist whilst stepping back on left leg.</p>	<p>28. Spinning sweep Attacker will attack right leg with high round kick. Start from back stance with left leg forward. Without blocking drop low and execute a spinning sweep to ankle area of attacker's left foot.</p>	
<p>29. Step left 25 degrees into front stance while left hand high block. Grab wrist while right hand strike to groin. Twist right hand to sweep up attacker's leg while left hand pushes down against shoulder. Take down. Ki hap.</p>	<p>29. Diagonal image back stance, left leg forward. Step back on left leg while right hand low block. Left leg front kick and right leg round kick while in the air. Ki hap.</p>	
<p>30. Step back right leg into back stance while left hand inside/outside block. Grab wrist while right hand ridge hand strike to temple. Step through right leg with right arm round neck to join left hand in head lock. Drop onto right knee. Ki hap.</p>	<p>30. Diagonal image back stance, left leg forward. Step back on left leg while right hand low block. Left leg jump spinning crescent kick turning anti-clockwise. Ki hap.</p>	