



| <b>Advanced: Brown Belts</b>                                  |   |   |   |
|---|---|---|---|
| <b><u>Phase 1</u></b>   | <b><u>Phase 2</u></b>   | <b><u>Phase 3</u></b>   | <b><u>Phase 4</u></b>   |
| <b>January-April</b>  | <b>April-July</b>   | <b>July-October</b>   | <b>October-January</b>  |
| <b>Forms</b><br>Pyung Ahn O-Dan                               | <b>Forms</b><br>Pyung Ahn O-Dan                               | <b>Forms</b><br>Pyung Ahn Sa Dan                              | <b>Forms</b><br>Pyung Ahn Sa Dan                              |
| <b>Self-Defense</b><br>Superman                               | <b>Self-Defense</b><br>Bear Hug                               | <b>Self-Defense</b><br>The Cub                                | <b>Self-Defense</b><br>Mounted throat Grab                    |
| <b>Hand/Foot Combo</b><br>7 & 8                               | <b>Hand/Foot Combo</b><br>9 & 10                              | <b>Hand/Foot Combo</b><br>11 & 12                             | <b>Hand/Foot Combo</b><br>Review All                          |
| <b>One Step Sparring</b><br>5                                 | <b>One Step Sparring</b><br>6                                 | <b>One Step Sparring</b><br>7                                 | <b>One Step Sparring</b><br>8                                 |
| <b>Free Sparring</b><br>Demonstration of free sparring skills | <b>Free Sparring</b><br>Demonstration of free sparring skills | <b>Free Sparring</b><br>Demonstration of free sparring skills | <b>Free Sparring</b><br>Demonstration of free sparring skills |
| <b>Pad Combo</b><br>17 & 18                                   | <b>Pad Combo</b><br>19 & 20                                   | <b>Pad Combo</b><br>21 & 22                                   | <b>Pad Combo</b><br>23 & 24                                   |
| <b>Weapon</b><br>Long Staff # 2                               | <b>Weapon</b><br>Sai  | <b>Weapon</b><br>Nunchucks # 2                                | <b>Weapon</b><br>Kama   |



| <b>Advanced - Red Belts</b>                                   |   |   |   |
|---|---|---|---|
| <b><u>Phase 1</u></b><br>January-April                        | <b><u>Phase 2</u></b><br>April-July                           | <b><u>Phase 3</u></b><br>July-October                         | <b><u>Phase 4</u></b><br>October- January                     |
| <b>Forms</b><br>Pyung Ahn O-Dan                               | <b>Forms</b><br>Review all & Jae-Nam                          | <b>Forms</b><br>Review all & Jae-Nam                          | <b>Forms</b><br>Review all & Jae Nam                          |
| <b>Self-Defense</b><br>1 to 11                                | <b>Self-Defense</b><br>1 to 11                                | <b>Self-Defense</b><br>1 to 11                                | <b>Self-Defense</b><br>1 to 11                                |
| <b>Red Belt Combinations</b><br>1 to 12                       | <b>Red Belt Combinations</b><br>1 to 12                       | <b>Red Belt Combinations</b><br>1 to 12                       | <b>Red Belt Combinations</b><br>1 to 12                       |
| <b>One Step Sparring</b><br>1 to 8                            | <b>One Step Sparring</b><br>1 to 8                            | <b>One Step Sparring</b><br>1 to 8                            | <b>One Step Sparring</b><br>1 to 8                            |
| <b>Free Sparring</b><br>Demonstration of free sparring skills | <b>Free Sparring</b><br>Demonstration of free sparring skills | <b>Free Sparring</b><br>Demonstration of free sparring skills | <b>Free Sparring</b><br>Demonstration of free sparring skills |
| <b>Pad Combo</b><br>1 to 24                                   | <b>Pad Combo</b><br>1 to 24                                   | <b>Pad Combo</b><br>1 to 24                                   | <b>Pad Combo</b><br>1 to 24                                   |
| <b>Weapon</b><br>Review All                                   | <b>Weapon</b><br>Review All                                   | <b>Weapon</b><br>Review All                                   | <b>Weapon</b><br>As Requested by testing board                |