



Beginners: White, Yellow, Orange Belts			
<u>Phase 1</u> January-April	<u>Phase 2</u> April-July	<u>Phase 3</u> July-October	<u>Phase 4</u> October-January
Forms Kicho Hyung Sam Bu	Forms Kicho Hyung Il Bu	Forms Kicho Hyung E Bu	Forms Review
Self-Defense Double Elbow	Self-Defense Pull the Tigers tail	Self-Defense Wrap around	Self-Defense Review
Red Belt Combinations N/A	Red Belt Combinations N/A	Red Belt Combinations N/A	Red Belt Combinations N/A
Pad Combo 1 & 2	Pad Combo 3 & 4	Pad Combo 5 & 6	Pad Combo 7 & 8
One Step Sparring N/A	One Step Sparring N/A	One Step Sparring N/A	One Step Sparring N/A
Free Sparring Demonstration of free sparring skills	Free Sparring Demonstration of free sparring skills	Free Sparring Demonstration of free sparring skills	Free Sparring Demonstration of free sparring skills