



Intermediate: Purple, Blue, Green Belts

<u>Phase 1</u>	<u>Phase 2</u>	<u>Phase 3</u>	<u>Phase 4</u>
January-April	April-July	July-October	October-January
Forms Pyung Ahn Sam Dan	Forms Pyung Ahn Cho-Dan	Forms Pyung Ahn E-Dan	Forms Pyung Ahn E-Dan
Self-Defense 2 Hand Lapel Grab	Self-Defense Passing the Horizon	Self-Defense Kneeling Warrior	Self-Defense One Hand Lapel Grab
Red Belt Combo Hand 1	Red Belt Combo Hand 2	Red Belt Combo Hand 3 & 4	Red Belt Combo Hand 5 & 6
One Step Sparring 1	One Step Sparring 2	One Step Sparring 3	One Step Sparring 4
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
Pad Combo 9 & 10	Pad Combo 11 & 12	Pad Combo 13 & 14	Pad Combo 15 & 16
Weapon Long Staff # 1	Weapon Nunchucks # 1	Weapon Sword	Weapon Review