



SPARTA TAEKWONDO POOM DEGREE PROGRAM



A. New Lessons

Name	Korean Terminology	Other Terminology	Comment
Grab Defenses			
Basic Throws			
Knife Self-Defense			
Break Falls			Front, Side and Back Falls
Rolls			Forward and Backward
Basic Joint Locks			

B. New Kicks

Name	Korean Terminology	Other Terminology	Comment
Flying Side Kick			
Jump Front Kick (High)			Must be higher than tip of your finger when you reach up
Jump Kicks Over Obstacles			
Review of ALL kicks in previous belt ranks			

C. Forms

Name	Korean Terminology	Comment
Hwa-Rang Hyung	Hwa-Rang Hyung	
Review of ALL Taegeuk		Mastery of Taegeuks 1-8
Review of ALL Palgwe		Mastery of Palgwes 1-8

D. Breaking – To Black Belt

1. 5 Station Board Break (2 Hand with 3 Foot Technique)
2. Cement Brick Break (Black Belt Test Requirement)