

World Class Institute of Martial Arts  
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worldclassmartialarts.com 342-472-1099

## White Belt to Yellow Belt 10 Cup to 9 Cup

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**Basic Actions**

High Block	Stretch Kick
Low Block	Front Kick
Hammerfist/Knifehand	Slide up Side Kick
Front Punch	Roundhouse Kick

**Hyung - Kicho Hyung Il Bu (First Basic Form)**

**Il Soo Sik - One Step Sparring #1**

**Ho Sin Sul - Self Defense**  
Wrist Grabs push elbow in 1) same side; 2) cross side  
Neck 1 (dbl blk); 2 (hand+turn); 3 (hook punch)

**Sparring - Combinations #1 (front, front) & #2 (front, round)**

**Terminology/History**  
Dobok - Uniform (Doe-BOKE)  
Dojang - Training Center (Doe-JUNG)  
Tang Soo Do - Type of Karate we do  
Origin of Tang Soo Do - Korea  
Name of our school: World Class Institute of Martial Arts

**Kyok Pa (Breaking)**  
Hand technique; Foot technique from above basics

**Focus Rule (Children)**  
Focus with your EYES, Focus with your MIND, Focus with your BODY

**In Neh - Endurance.**  
10 each push ups, leg lifts, deep knee bends  
WCFMA Members testing fee: \$40  
Non WCFMA Members testing fee: \$55

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## Yellow Belt to Orange Belt 9 Cup to 8 Cup

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**Basic Actions**

Out to In Block	Turning Side Kick
In to Out Block	Knee Kick
Sidehand Strike	Back Kick
Reverse Punch	Flying Side Kick

**Hyungs**  
Kicho Hyung Ee Bu (Second Basic Form)

**Il Soo Sik - One Step Sparring #2**

**Ho Sin Sul - Self Defense**  
Bear Hug Back (drop weight, elbows up)  
Follow up with elbows and counter attacks  
Bear Hug Front (step back, knee, takedown)  
Wrist Grabs 3 (2 on 1, elbow down) and 4 (double soo do strike)

**Sparring - Combinations #3 (front, round, back) & #4 (front, round, jump front)**

**Kyok Pa (Breaking)**  
Hand technique; Foot technique from above basics and/or previous ranks

**Terminology/History**  
Choon Bee Jaseh - Ready Stance  
Cha Ryut - Attention  
Kyung ye - Bow  
Name of our school: World Class Institute of Martial Arts

**In Neh - Endurance. 15 each push ups, leg lifts, deep knee bends**  
WCFMA Members testing fee: \$40  
Non WCFMA Members testing fee: \$55

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## Orange Belt to O/Stripe 8 Cup to 7 Cup

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**Basic Actions**

Low Knifehand Block	Step behind hook kick
Side Block (I/O/back stance)	Fade in/out front kick
Side Punch	Fade in/out Side kick
Palm Strike	Fade in/out roundhouse kick

**Hyungs - Kicho Hyung Sam Bu (Third Basic Form)**  
**Pyong Ahn Cho Dan (First Pyong Ahn Form)**  
Pyong=balance, calm, peaceful. Ahn=safe, confident, comfortable  
Symbol-Turtle

**Il Soo Sik - One Step Sparring #3**

**Sparring - Combinations #5 (round, jump side, back) & #6 (round, round, back, back)**

**Ho Sin Sul - Self Defense**  
Elbow Grab (adults add on armpit to Z-lock)  
UMD Takedown  
Wrist Grabs 5 (Soo do/palm strike same side) & 6 (same-cross side)

**Kyok Pa (Breaking)**  
Hand technique; Foot technique from above basics

**Terminology/History**  
Hana, Tul, Set, Net, Tasot, Yosot, Ilgop, Yodul, Ahop, Yol  
Kyo Sa Nim-Certified Instructor. Sa Bom Nim-Master Instr.  
KWAN JANG NIM - Grandmaster

**In Neh - Endurance. 20 each push ups, leg lifts, deep knee bends**  
WCFMA Members testing fee: \$45  
Non WCFMA Members testing fee: \$60

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## O/Stripe to Green Belt 7 Cup to 6 Cup

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**Basic Actions**

Middle Knifehand block	Out to In Crescent Kick
Reverse In to Out Block	In to Out Crescent Kick
Piercing Hand	Out to In Ax Kick
Ridge Hand	In to Out Ax Kick

Know 6 striking points: temple, bridge of nose, philtrum, neck  
Solar Plexus, Groin

**Hyungs - Pyong Ahn Ee Dan (2nd Pyong Ahn Form)**  
**Pyong Ahn Cho Dan (1st Pyong Ahn Form)**  
Pyong=balance, calm, peaceful. Ahn=safe, confident, comfortable  
Symbol-Turtle

**Il Soo Sik - One Step Sparring #4**

**Sparring - Combinations #7 (out to in, spinning back) & #8 (round, spin, round)**

**Ho Sin Sul - Self Defense**  
Metacarpal Joint Lock  
Out to In spin UMD takedown  
Wrist Grabs 7 (Pressure point: "wave" hello; "chop" down) & 8 (grabbed from behind)

**Kyok Pa (Breaking)**  
Hand/Foot technique from above basics & previous ranks

**Terminology/History**  
Shi Jok=Begin  
Anjo=Sit  
Muk Nyum=Meditate  
Kuk Gi Bay Ray=Salute the Flag

**In Neh - Endurance. 25 each push ups, leg lifts, deep knee bends**  
WCFMA Members testing fee: \$50  
Non WCFMA Members testing fee: \$65

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## Green Belt to Green 1 6 Cup to 5 Cup

**Basic Actions**

X Block Low	Jump Front Kick
Reverse Out to In Block	Jump Roundhouse Kick
Elbow Strike Down-#1	Jump Side Kick
Elbow Strike Over-#2	Jump Ax Kick

**Hyungs -** Pyong Ahn Sam Dan (3rd Pyong Ahn Form)  
Pyong Ahn Ee Dan (2nd Pyong Ahn Form)  
Pyong=balance, calm, peaceful. Ahn=safe, confident, comfortable

**Il Soo Sik - One Step Sparring #5**

**Sparring - Combinations #9 (fade in round, spin back kick) & #10 (round kick, sugar foot 3 more round kick, spin hook kick)**

**Ho Sin Sul - Self Defense: Arm Throw**  
Two hand shoulder grab (headbutt double upper cut to ribs)  
Wrist Grabs 9 (metacarpal w/forearm) & 10 (metacarpal w/knife edge of hand)

**Kyok Pa (Breaking)**  
Hand technique; Foot technique from above basics & previous ranks

**Terminology/History**  
Mahk Kee (Block)  
Kong Kyuck (Attack)  
Keemah Jaseh (Horse Ride Stance)  
Hu Gul Jaseh (Fighting Stance)  
Chun Gul Jaseh (Front Stance)

**In Neh - Endurance. 30 each push ups, leg lifts, deep knee bends**  
**WCFMA Members testing fee: \$50**  
**Non WCFMA Members testing fee: \$65**

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## Green 1 to Green 2 5 Cup to 4 Cup

**Basic Actions**

X Block High	Spinning Back Kick
2 Fisted Block	Spinning Roundhouse Kick
Spinning Back Fist	Spinning Hook Kick
Elbow Strike-Back	Spinning Crescent Kick

**Hyungs -** Pyong Ahn Sa Dan (4th Pyong Ahn Form)  
Pyong Ahn Sam Dan (3rd Pyong Ahn Form)  
Pyong=balance, calm, peaceful. Ahn=safe, confident, comfortable

**Il Soo Sik - One Step Sparring #6**

**Sparring - Combinations #11 (front-round, back kick) & #12 (side kick, step-behind hook kick)**

**Ho Sin Sul - Self Defense**  
Lapel Grab (reach over grab hand "bowing" wrist lock)  
Hip Throw, Wrist Grabs 11 (knee kick) & 12 ("bowing" wrist lock)

**Kyok Pa (Breaking)**  
Hand technique; Foot technique from above basics & previous ranks

**Terminology/History**  
Ahp Cha Gi (Front Kick)  
Yup Cha Gi (Side Kick)  
Dull Ryo Cha Gi (Round House Kick)  
Ee Dan Ahp Cha Gi (Jump Front Kick)  
Ee Dan Yup Cha Gi (Jump Side Kick)  
Ee Dan Dull Ryo Cha Gi (Jump Round House Kick)

**In Neh - Endurance. 35 each push ups, leg lifts, deep knee bends**  
**WCFMA Members testing fee: \$50**  
**Non WCFMA Members testing fee: \$65**

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## Green 2 to Red Belt 4 Cup to 3 Cup

**Basic Actions**

X Block Low/High	Front-Roundhouse Kick
Yuk Soo Kong Kyuck	Roundhouse Low-High
Front Punch/Rev Punch	Turning Side, Low-High
Palm to Ears Strike	Front Kick, Low-High

**Hyungs -** Pyong Ahn O Dan (5th Pyong Ahn Form)  
Pyong Ahn Sa Dan (4th Pyong Ahn Form)  
Pyong=balance, calm, peaceful. Ahn=safe, confident, comfortable

**Il Soo Sik - One Step Sparring #7 & #8**

**Sparring - Combinations #1 through #12 and free sparring**

**Ho Sin Sul - Self Defense**  
Head Throw  
One hand shlder (ss reach over Z-lock, cs wrap around arm lock)  
Wrist Grabs 13 (same as 4 w/clothesline);  
14 grab from behind (spin 180 dbl knifehand/frnt kick)

**Kyok Pa (Breaking)**  
Hand technique; Foot technique from above basics & previous ranks

**Terminology/History**  
Pal (Arm)  
Bahl (Foot)  
Chu Mok (Fist)  
Mok (Neck)  
Pal Coop (Elbow)  
Moo Rup (Knee)  
In Choong (between nose & mouth)

**In Neh - Endurance. 40 each push ups, leg lifts, deep knee bends**  
**WCFMA Members testing fee: \$55**  
**Non WCFMA Members testing fee: \$70**

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## Red Belt to Red 1 3 Cup to 2 Cup

Basic Actions	
1. High Block Reverse Middle Punch Low Block	7. Defense Punch In to Out Block
2. Middle Punch Reverse Middle Punch Side Hammerfist (Horsehide Stance)	8. Back Kick High Block Reverse Punch
3. Side Punch Side Block Fighting Stance Reverse Punch	9. Front Snap Kick Round House Kick Back Kick
4. Two Fist Block Front Stance Outside-Inside High Sidehand Attack Low Knife Block Fighting Stance	10. Turning Side Kick Jump Side Kick Back Kick
5. X Block High (Front Stance) Side Knifehand Strike (Front Stance) Ridgehand Strike (Front Stance)	11. Round House Kick Jump Front Kick Back
6. Outside-Inside Block Reverse Outside-Inside Block Elbow Strike-Back	12. Inside Pivot Kick Knee Kick Turning Hook Kick

**Double Jump Front Kick; Jump Split Kick; Jump Front Round Kick; Jump Side Back Kick**

**Hyungs -** Bassai So, Pyong Ahn O Dan, Bong Hyung  
Bassai So - Lesser of the Greater Forms. Symbol: Serpent  
**Il Soo Sik - One Step Sparring: 1 - 2 hand & foot combinations**  
**Self Defense: Head Lock**  
Lead Leg Scissors; Wrist Grab 15 (same side only--turn under arm BOTH ways--arm throw; "C" lock)

**Kyok Pa (Breaking)**  
360 Jump Back Kick; 3 station break

**Terminology/History: All terms from white belt, plus**  
Questions 1 - 20 from written test

**In Neh - Endurance. 45 each push ups, leg lifts, deep knee bends**  
**Testing Fee: \$65 WCFMA member; \$80 Non Member**

World Class Institute of Martial Arts		<b>Red 1 to Red 2</b> <b>2 Cup to 1 Cup</b>	
<b>Basic Actions</b>		7. Defense Punch In to Out Block	
1. High Block Reverse Middle Punch Low Block		8. Back Kick High Block Reverse Punch	
2. Middle Punch Reverse Middle Punch Side Hammerfist (Horseride Stance)		9. <i>Front Snap Kick</i> <i>Round House Kick</i> <i>Back Kick</i>	
3. Side Punch Side Block Fighting Stance Reverse Punch		10. <i>Turning Side Kick</i> <i>Jump Side Kick</i> <i>Back Kick</i>	
4. Two Fist Block Front Stance Outside-Inside High Sidehand Attack Low Knife Block Fighting Stance		11. <i>Round House Kick</i> <i>Jump Front Kick</i> <i>Back</i>	
5. X Block High (Front Stance) Side Knifehand Strike (Front Stance) Ridgehand Strike (Front Stance)		12. <i>Inside Pivot Kick</i> <i>Knee Kick</i> <i>Turning Hook Kick</i>	
6. Outside-Inside Block Reverse Outside-Inside Block Elbow Strike-Back			
Jump Out-In Crescent (Pima); Jump In-Out Crescent (Spinning); Jump Hook Spinning; Jump Back Spinning <b>Hyungs</b> - Bassai Dae, Bassai So, Bong Hyung Bassai Dae - Greatest of the Greater Forms. Symbol-Serpent <b>Il Soo Sik</b> - One Step Sparring 3-4 hand & foot combinations <b>Self Defense</b> Choke from behind Wrist Grab 16 (cross side grabbed; turn BOTH ways for arm throw & C lock) <b>Kyok Pa (Breaking)</b> Running Jump Round House Kick Terminology/History: All terms from white belt, plus Questions 21 - 40 from written test <b>In Neh - Endurance.</b> 50 each push ups, leg lifts, deep knee bends <b>Testing Fee: \$75 WCFMA Member; \$90 Non Member</b>			

World Class Institute of Martial Arts		<b>Red 2 to Red 3</b> <b>1 Cup to First Dre-Test</b>	
<b>Basic Actions</b>		7. Defense Punch In to Out Block	
1. High Block Reverse Middle Punch Low Block		8. Back Kick High Block Reverse Punch	
2. Middle Punch Reverse Middle Punch Side Hammerfist (Horseride Stance)		9. Front Snap Kick Round House Kick Back Kick	
3. Side Punch Side Block Fighting Stance Reverse Punch		10. Turning Side Kick Jump Side Kick Back Kick	
4. Two Fist Block Front Stance Outside-Inside High Sidehand Attack Low Knife Block Fighting Stance		11. Round House Kick Jump Front Kick Back	
5. X Block High (Front Stance) Side Knifehand Strike (Front Stance) Ridgehand Strike (Front Stance)		12. Inside Pivot Kick Knee Kick Turning Hook Kick	
6. Outside-Inside Block Reverse Outside-Inside Block Elbow Strike-Back			
Fade in Reverse Back; Fade Out Reverse Back; Back Wheel Kick; Quick Switch Ax Kick <b>Hyungs</b> - Bassai Dae, Bong Hyung <b>Il Soo Sik</b> - One Step Sparring (5- 6 Combinations) <b>Ho Sin Sul</b> - Self Defense Front Kick/Round Kick Defense Wrist Grab 17 (2 on 1; 2 on 2; turning BOTH ways under arm) Same AND Cross side <b>Kyok Pa (Breaking) - Three Station Break</b> Terminology/History: All terms from white belt, plus Questions 41 - 60 from written test <b>In Neh-Endurance.</b> 50 each push ups, leg lifts, deep knee bends <b>Testing Fee: \$85 WCFMA Member; \$100 Non Member</b>			

World Class Institute of Martial Arts		<b>Red 3 to Red 4</b> <b>1st to 2nd Pre-Test</b>	
<b>Basic Actions</b>		7. Defense Punch In to Out Block	
1. High Block Reverse Middle Punch Low Block		8. Back Kick High Block Reverse Punch	
2. Middle Punch Reverse Middle Punch Side Hammerfist (Horseride Stance)		9. Front Snap Kick Round House Kick Back Kick	
3. Side Punch Side Block Fighting Stance Reverse Punch		10. Turning Side Kick Jump Side Kick Back Kick	
4. Two Fist Block Front Stance Outside-Inside High Sidehand Attack Low Knife Block Fighting Stance		11. Round House Kick Jump Front Kick Back	
5. X Block High (Front Stance) Side Knifehand Strike (Front Stance) Ridgehand Strike (Front Stance)		12. Inside Pivot Kick Knee Kick Turning Hook Kick	
6. Outside-Inside Block Reverse Outside-Inside Block Elbow Strike-Back			
Drop Kicks-Front, Round, Side, Back <b>Hyungs</b> - All forms, Bo Kihon Kata <b>Il Soo Sik</b> - One Step Sparring 7- 8 Hand & Foot Combinations <b>Ho Sin Sul</b> - Self Defense (know ALL from White Belt) plus Chair Defense; Wrist Grabs (all) Ground Defense: 2 on 1 <b>Two On One Sparring</b> <b>Kyok Pa (Breaking) - Three Station Break</b> Terminology/History: All terms; All questions from written test. <b>In Neh-Endurance.</b> 50 each push ups, leg lifts, deep knee bends Must attend class at least 3 times per week & assisting in dojang Must attend mandatory events; show respect/attitude/tsd spirit <b>Testing Fee: \$100 WCFMA MEMBER. Required m.ship</b>			

World Class Institute of Martial Arts		<b>Red 4 to Cho Dan!</b> <b>2nd Pre-Test to Dan</b>	
<b>Basic Actions:</b> Hand and Foot Combinations 1-12 ALL techniques from White Belt			
<b>Hyungs</b> - All forms, Bo Kihon Kata			
<b>Il Soo Sik</b> - One Step Sparring 1-8 Hand & Foot Combinations; Make up 10 spectacular! 5 against Punch; 5 against kick			
<b>Ho Sin Sul</b> - Self Defense Know ALL Self Defense from White Belt Ground Defense Surprise attacks; Wrist Grabs (all)			
<b>Kyok Pa (Breaking) - Three Station Break</b>			
Terminology/History: All terms; All questions from written test.			
<b>In Neh - Endurance.</b> 50 each push ups, leg lifts, deep knee bends One Mile Run			
<b>Other:</b> Multiple Sparring Must be approved by Instructor Must have proper respect, attitude and tang soo do spirit Must be attending class at least 3 times per week and assisting in dojang as much as possible Must write essay on what it means to you to become a black belt Must sign liability waiver, non compete, and release of photo			
Testing Fee: See instructor for all associated fees.			

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## Cho Dan to E Dan

**1st Level-Test**

Basic Action Comb	With Partners	#1-#3
Il Soo Sik with add ons		2 per level

Hyungs-all under Dan plus Lohi  
Self D-Side Control Arm Bars, Side Control escape, Scarf escapes

**2nd Level-Test**

Basic Action Comb	With Partners	#4-#6
Il Soo Sik with add ons		2 per level

Hyungs-all under Dan plus Lohi and Bong Hyung  
Self D-Mount: to Arm Bar, Execution, Escape, and Chokes

**3rd Level-Test**

Basic Action Comb	With Partners	#7-#8
Il Soo Sik with add ons		2 per level

Hyungs-all under Dan plus Lohi, Naihanchi Cho Dan  
Self D-Guard: Execution, Escape, Chokes  
Gun Front/Bacl

**Test for E Dan-All Gup material, plus:**

Basic Action Comb	With Partners	All 11
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**Il Soo Sik with add ons-ALL**

**Hyungs-All under Dan plus Lohi, Naihanchi Cho Dan**

**Weapons**  
Nunchuko Cho Dan  
Bong Hyung Cho Dan (Bo Kihono Kata)

**Sparring, Breaking, Physical Fitness, HISTORY TEST**

Level-Test Fee: \$75 / Testing Fee \$300

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## E Dan to Sam Dan

**1st Level-Test**

Basic Action Comb	With Partners	#1
Il Soo Sik with add ons	Both Sides	2 per level

Hyungs-Jinto  
Self D-Stick evasions; 6 striking points

**2nd Level-Test**

Basic Action Comb	With Partners	#2
Il Soo Sik with add ons	Both Sides	2 per level

Hyungs-Bong Hyung E Dan  
Self D-Stick disarm/Follow UP

**3rd Level-Test**

Basic Action Comb	With Partners	#3
Il Soo Sik with add ons	Both Sides	2 per level

Hyungs-Naihanchi E Dan  
Self D-Knife Evasion/Stop

**4th Level-Test**

Basic Action Comb	With Partners	#4
Il Soo Sik with add ons	Both Sides	2 per level

Hyungs-Nunchaku E Dan  
Self D-Knife Disarm/Follow UP

**5th Level-Test**

Basic Action Comb	With Partners	#5
Il Soo Sik with add ons	Both Sides	2 per level

Hyungs-Sip Soo, Katana E Dan  
Self D-all evades/disarms with stick and knife

**TEST: All Gup plus all above+Sparring, Breaking, Fitness, History**

Level-Test Fee: \$75 / Testing Fee \$400

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## Sam to Sa Dan

**7 Level-Tests**

Sam Dan Basics, 1 new one each level-test

Sam Dan Il Soo Sik, 1 new one each level-test

Sam Dan Hyungs:

1st Level:	Kung Sun Hyung
2nd Level:	Bong Hyung Sam Dan
3rd Level:	Naihanchi Sam Dan
4th Level:	No New Form
5th Level:	Konku Sho
6th Level:	No New Form
7th Level:	Chil Sung Sam Ro

Sam Dan Self D: Arm bar to Arm Bar  
Standing Kamora  
Chain/Belt Defense 1-3

All material including under Dan.  
Must have curriculum memorized by rank level  
Must complete History exam with no extra credit and 80% correct  
Must be able to demonstrate application  
Must complete Oral exam on day of exam  
Could be a surprise during test  
Sparring-to be determined, by individual  
Breaking - 3 station at least. Must be spectacular  
Physical Fitness  
Must be teaching consistently and plan to continue teaching consistently to test for "Master"  
Weapons-all weapons forms and applications

Level-Test Fee: \$75 / Testing Fee \$400