

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

White Belt to Yellow Belt 10 Cup to 9 Cup

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

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
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Orange Belt to O/Stripe 8 Cup to 7 Cup

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 armbars 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: \$40
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O/Stripe to Green Belt 7 Cup to 6 Cup

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 shoulder grab (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: \$50
Non WCFMA Members testing fee: \$65

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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 (Horse Ride 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: \$60 WCFMA member; \$75 Non Member

World Class Institute of Martial Arts		Red 1 to Red 2 2 Cup to 1 Cup	
Basic Actions		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 Hyungs - Bassai Dae, Bassai So, Bong Hyung Bassai Dae - Greatest of the Greater Forms. Symbol-Serpent Il Soo Sik - One Step Sparring 3-4 hand & foot combinations Self Defense Choke from behind Wrist Grab 16 (cross side grabbed; turn BOTH ways for arm throw & C lock) Kyok Pa (Breaking) Running Jump Round House Kick Terminology/History: All terms from white belt, plus Questions 21 - 40 from written test In Neh - Endurance. 50 each push ups, leg lifts, deep knee bends Testing Fee: \$70 WCFMA Member; \$85 Non Member			

World Class Institute of Martial Arts		Red 2 to Red 3 1 Cup to First Dre-Test	
Basic Actions		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 Hyungs - Bassai Dae, Bong Hyung Il Soo Sik - One Step Sparring (5- 6 Combinations) Ho Sin Sul - 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 Kyok Pa (Breaking) - Three Station Break Terminology/History: All terms from white belt, plus Questions 41 - 60 from written test In Neh - Endurance. 50 each push ups, leg lifts, deep knee bends Testing Fee: \$80 WCFMA Member; \$95 Non Member			

World Class Institute of Martial Arts		Red 3 to Red 4 1st to 2nd Pre-Test	
Basic Actions		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 Hyungs - All forms, Bo Kihon Kata Il Soo Sik - One Step Sparring 7- 8 Hand & Foot Combinations Ho Sin Sul - Self Defense (know ALL from White Belt) plus Chair Defense; Wrist Grabs (all) Ground Defense: 2 on 1 Two On One Sparring Kyok Pa (Breaking) - Three Station Break Terminology/History: All terms. All questions from written test. In Neh - Endurance. 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 Testing Fee: \$100 WCFMA MEMBER. Required m.ship			

World Class Institute of Martial Arts		Red 4 to Cho Dan! 2nd Pre-Test to Dan	
Basic Actions: Hand and Foot Combinations 1-12 ALL techniques from White Belt			
Hyungs - All forms, Bo Kihon Kata			
Il Soo Sik - One Step Sparring 1-8 Hand & Foot Combinations; Make up 10 spectacular! 5 against Punch; 5 against kick			
Ho Sin Sul - Self Defense Know ALL Self Defense from White Belt Ground Defense Surprise attacks; Wrist Grabs (all)			
Kyok Pa (Breaking) - Three Station Break			
Terminology/History: All terms. All questions from written test.			
In Neh - Endurance. 50 each push ups, leg lifts, deep knee bends One Mile Run			
Other: 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 Recert

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 Recert

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 Recert

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 Recert

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 Recert

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: Konku Sho
- 2nd Level: Bong Hyung Sam Dan
- 3rd Level: Naihanchi Sam Dan
- 4th Level: No New Form
- 5th Level: Kung Sun Hyung
- 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