**Year Long Standards for Taekwondo**



Designed by

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| **Standards** | **Belt Color** | **Activities/Form** | **Order of Standards** |
| --- | --- | --- | --- |
| 1. High block, Low block, Inner forearm block | White | Songahm One Basics | 1 |
| 2. Front punch, Reverse punch, Knife hand strike | White | Songahm One Basics | 2 |
| 3. Ready stance, Front stance, Middle stance | White | Songahm One Basics | 3 |
| 4. #1-3 Front kicks, #1-3 Side kicks  | White | Songahm One Basics | 4 |
| 5. Songahm spirit of Tae kwon do | White | Songahm One Basics | 5 |
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| 2. Reverse punch | White | Songahm One | 7 |
| 3. #2 front kick | White | Songahm One | 8 |
| 4. Low block | White | Songahm One | 9 |
| 5. Step front punch | White | Songahm One | 10 |
| 6. Inner forearm block | White | Songahm One | 11 |
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| 8. Knife hand strike | White | Songahm One | 13 |
| 9. Step front punch | White | Songahm One | 14 |
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| 14.  Step front punch | White | Songahm One | 19 |
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| 18.  Step front punch | White | Songahm One | 23 |
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| One step two: 3.  Knife hand strike | White | One-Step Sparring | 31 |
| One step two: 4. Step back, low block | White | One-Step Sparring | 32 |
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