



CURRICULUM

Click [here](#) to print out a two-sided **testing form** for advancement.

Working copy last updated November 1, 2024

The online curriculum is a hyperdocs with links to videos and various documents which will be helpful to the martial arts practitioner. To access the on-line, most up-to-date copy of the Bledsoe Karate Club Curriculum follow the steps below.

- wtsdf.org
 - schools tab
 - Bledsoe Karate Club
 - curriculum guide

11th Gold

11TH GOLD

	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
11TH GOLD	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
	80% Attendance	Properly execute 10 push-ups	PARRO/JUN BI	High Punch	Standing front kick	Basic One-step punching #1 Beginning PDF	
	Show proper dojo etiquette		FRONT STANCE	Center Punch	Standing round kick		
	Name three vital striking points	Properly execute 10 sit-ups	FIGHTING STANCE	Low Punch	Standing side kick		
	Know the purposes of each stance			Reverse Punch	Standing back kick	Basic One-step punching #2 Beginning VIDEO #2	
	Know the dojo's Big Six Rules			High Defense			SELF-DEFENSE Get Hands up and say, "STOP"
	Know the country of origin of Tang Soo Do is Korea			Low Defense			
	Know how to tie your belt pdf video clip 2nd video clip			Knife Hand Defense		#1 Basic Fighting Combination	
	Rules and Regulations					#2 Basic Fighting Combination	

[Putting your patches on your new uniform.](#)

10th Purple

10th PURPLE

	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
10TH PURPLE	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
	Show respect for instructors and peers	Properly execute 15 push-ups	Side or Horse Stance	Inside Defense	Slide up front kick	Basic One-Step punching #3 Beginning	GIECHO HYUNG IL BU pdf
	Name 5 vital striking points	Properly execute 15 sit-ups	Cat Stance	Outside Defense	Slide up round kick	VIDEO #3	
		Properly execute 1 grab bar dip		Stepping Side Punch	Slide up side kick	Basic One-Step punching #4 Beginning	Mr. Solomon Giecho Hyung Il Bu
		Properly execute 5 grab bar pull-ups			Stepping back kick	VIDEO #4	
						#3 Basic Fighting Combination	SELF-DEFENSE Bear Hug
						#4 Basic Fighting Combination	

Fighting Combinations are also known as [“attacking techniques.”](#) Click here for some sample combinations from Grandmaster Douglas’ files.

9th Orange

9th ORANGE

	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
9TH ORANGE	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
	Know the proper way to break your fall and Shoulder rolls	Properly execute 20 push-ups	Back Stance		Stepping Front Kick	Basic One-Step #1 with take down Simple PDF	GIECHO HYUNG IL BU SANG GUP
	Show your favorite techniques striking 5 vital striking points	Properly execute 20 sit-ups		Spinning Bottom Fist	Spinning Round Kick	Basic One-Step #2 with take down	pdf
	Know the striking power formula FVSSM Force Velocity Strength Snap Mass	Properly execute 2 grab bar dips		Knife Hand Defense/ Reverse Punch	Spinning Side Kick	#5 Basic Fighting Combination	Mr. Solomon Giecho Hyung Il Bu Sang Gup
		Properly execute 10 grab bar pull-ups			Spinning Back	#6 Basic Fighting Combination	GIECHO HYUNG YI BU pdf
	Know that the founder of the "Western Tang Soo Do Federation" is Grand Master Dick Douglas						Mr. Solomon Giecho Hyung Yi Bu
							SELF-DEFENSE Head lock escape

Fighting Combinations are also known as ["attacking techniques."](#) Click here for some sample combinations from Grandmaster Douglas' files.

8th Blue

8th BLUE

	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
8th BLUE	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
	Know some of Grand Master Dick Douglas' contributions as a pioneer of Tang Soo Do in the United States	Properly execute 25 push-ups	Stances moving forward and backward	Back Knuckle	Knee (add to your fighting combinations to demonstrate knowledge)	Basic one step #3 with take down PDF	GIECHO HYUNG YI BU SANG GUP
		25 sit-ups		Low Defense/ Reverse Punch	Stepping Inside Crescent	Basic one step #4 with take down PDF video	pdf Mr. Solomon Giecho Hyung Yi Bu Sang Gup
		3 grab bar dips		Inside Defense/ Reverse Punch	Stepping Outside Crescent	#7 Basic Fighting Combination	
		15 grab bar pull-ups		High Defense/ Reverse Punch	Lunging kicks	#8 Basic Fighting Combination	SELF-DEFENSE Collar grab escape
				Outside Defense/ Reverse Punch			

Fighting Combinations are also known as ["attacking techniques."](#) Click here for some sample combinations from Grandmaster Douglas' files.

7th Blue

7th BLUE							
	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
7 th BLUE	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
		30 push-ups		Low Reinforced Chop	Slide-up inside Crescent kick	Perform all four basic one-steps defending right hand punches	GIECHO HYUNG SAHM BU pdf Mr. Solomon Giecho Hyung Sahm Bu
		30 sit-ups		Center Reinforced Chop	Slide-up Outside Crescent kick	Perform all four basic one-step defending from left hand punches	
		4 grab bar dips		Reinforced Outside Defense	Spinning Heel Kick	#9 Basic Fighting Combination	
		20 grab bar pull-ups			Spinning Outside Crescent	#10 Basic Fighting Combination	

Fighting Combinations are also known as [“attacking techniques.”](#) Click here for some sample combinations from Grandmaster Douglas’ files.

6th GREEN

	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
6th GREEN	GENERAL KNOW-LEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
		35 push-ups	Lunge	Spear hand thrust	sweeps	Demonstrate mastery of basic four one-steps with both right and left so you can teach them	<u>PYONG AN CHO DAN</u> <u>pdf</u>
		35 sit-ups	Fake Jump	Elbow strike	Stomp kick		
		5 grab bar dips	Running Jump	Finger strike	Spinning inside crescent kick	Create one right hand one-step **	
		25 grab bar pull-ups		Cross hand defense	Spinning outside crescent kick	Create one left hand one-step **	GIECHO BO HYUNG <u>Mr. Solomon Giecho Bo Hyung</u>
				Double arm block	<u>Jump Kicks phase I, II, and III</u>	You will spar during testing	SELF-DEFENSE
		BREAKING – a minimum of <u>three</u> board breaks each with a different strike or kick <u>BREAKING DOCUMENT</u>		One arm block / other hand punch at same time	Flying Side kick	Attacking Techniques/ Fighting Combinations	
				Elbow jam			

**Personally created one-steps are to be written down in detail and submitted with testing form when testing for advancement. Click on the following link to see [one example of a written out one-step.](#)

SPECIAL NOTE: Once you have achieved the rank of 6th degree green belt you are strongly encouraged to make an effort to attend the beginning class and help instruct the beginning students. This process of teaching makes your karate skills stronger and helps others improve also. It is a win-win situation.

5th Green

5th GREEN							
	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
5 th GREEN	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
		40 push-ups	Stutter step		Jump Kicks Phase IV, V, and VI	Create two right hand one-steps **	PYONG AN YI DAN pdf Mr. Solomon Pyong An Yi Dan
		40 sit-ups				Create two left hand one-steps **	STAFF DRILL
		6 grab bar dips					(two persons)
		30 grab bar pull-ups				Fighting Combinations/ Attacking techniques	
		BREAKING – a minimum of <u>three</u> board breaks each with a different strike or kick BREAKING DOCUMENT				You will spar during testing	SELF-DEFENSE

**Personally created one-steps are to be written down in detail and submitted with testing form when testing for advancement. Click on the following link to see [one example of a written out one-step](#).

SPECIAL NOTE: Once you have achieved this rank you are strongly encouraged to make an effort to attend the beginning class and help instruct the beginning students. This process of teaching makes your karate skills stronger and helps others improve also. It is a win-win situation.

4th Green

4th GREEN							
	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
4 th GREEN	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
		45 push-ups				Create three right hand one-steps **	PYONG AN
		45 sit-ups				Create three left hand one-steps **	SAHM DAN
		7 grab bar dips				Fighting Combinations/ Attacking techniques	GEE HYUNG
		35 grab bar pull-ups				You will spar during testing	
		BREAKING – a minimum of <u>three</u> board breaks each with a different strike or kick BREAKING DOCUMENT					SELF-DEFENSE

**Personally created one-steps are to be written down in detail and submitted with testing form when testing for advancement. Click on the following link to see [one example of a written out one-step](#).

SPECIAL NOTE: Once you have achieved this rank you are strongly encouraged to make an effort to attend the beginning class and help instruct the beginning students. This process of teaching makes your karate skills stronger and helps others improve also. It is a win-win situation.

3rd Red

3rd RED							
	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
3 rd RED	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
	First Aid Skills: CPR.....Heimlich	50 push-ups				Create three right hand one-steps **	<u>PYONG AN SA DAN</u> <u>pdf</u>
		50 sit-ups				Create three left hand one-steps **	
		8 grab bar dips				Create one <u>three-step</u> **	<u>KNIFE DRILL</u>
		40 grab bar pull-ups				Fighting Combinations/ Attacking techniques	BOARD BREAKING
		BREAKING – a minimum of <u>four</u> board breaks each with a different strike or kick <u>BREAKING DOCUMENT</u>				You will spar during testing	

**Personally created one-steps and three-steps are to be written down in detail and submitted with testing form when testing for advancement. Click on the following link to see [one example of a written out one-step.](#)

SPECIAL NOTE: Once you have achieved this rank you are strongly encouraged to make an effort to attend the beginning class and help instruct the beginning students. This process of teaching makes your karate skills stronger and helps others improve also. It is a win-win situation.

2nd Red

2nd RED

	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
2nd RED	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
		55 push-ups				Create three right hand one-steps **	<u>PYONG AN OH DAN</u>
		55 sit-ups				Create three left hand one-steps **	<u>DAN</u> <u>pdf</u>
		9 grab bar dips				Create two three-steps **	<u>BASIC BO FORM #1</u> <u>Mr. Solomon Bo Staff form #1</u>
		45 grab bar pull-ups				Fighting Combinations/ Attacking techniques	BOARD BREAKING
		BREAKING – a minimum of <u>four</u> board breaks each with a different strike or kick <u>BREAKING DOCUMENT</u>				You will spar during testing	SELF-DEFENSE

**Personally created one-steps and three-steps are to be written down in detail and submitted with testing form when testing for advancement. Click on the following link to see [one example of a written out one-step.](#)

SPECIAL NOTE: Once you have achieved this rank you are strongly encouraged to make an effort to attend the beginning class and help instruct the beginning students. This process of teaching makes your karate skills stronger and helps others improve also. It is a win-win situation.

1st Red

1st RED

	Gold Stripe	Purple Stripe	Orange Stripe	Blue Stripe	Green Stripe	Red Stripe	Black Stripe
1ST RED	GENERAL KNOWLEDGE	STRENGTH	STANCES	HANDS	KICKS	SPARRING	FORMS / WEAPONS
		60 push-ups				Create three right hand one-steps	<u>BASSAI</u> <u>pdf</u>
		60 sit-ups				Create three left hand one-steps	BOARD BREAKING
		10 grab bar dips				Create three three-steps	SELF-DEFENSE
		50 grab bar pull-ups				Fighting Combinations/ Attacking techniques	<u>NUN CHAKUS</u>
		BREAKING – a minimum of <u>four</u> board breaks each with a different strike or kick <u>BREAKING DOCUMENT</u>				You will spar during testing	

**Personally created one-steps and three-steps are to be written down in detail and submitted with testing form when testing for advancement. Click on the following link to see [one example of a written out one-step.](#)

SPECIAL NOTE: Once you have achieved this rank you are strongly encouraged to make an effort to attend the beginning class and help instruct the beginning students. This process of teaching makes your karate skills stronger and helps others improve also. It is a win-win situation.

1st DAN

Essay -- "What Being a Black Belt Mean to Me"

Write one to two pages describing what becoming a 1st degree black belt means to you.

Submit one copy for each black belt on the testing board. Check with your instructor as to the specific number of black belts who will be sitting on the testing board.

Testing Fee

Submit the testing fee and testing application to the WTSDF treasurer at least 3 months before you are scheduled to test. Be sure you have cleared your eligibility to test and your testing date with your instructor.

(As of Nov 2020 fee is \$150)

Testing applications

Make enough copies of your testing application so that each black belt on the testing board has a copy.

Click here for a pdf of the [1st Degree Black Belt Testing Application - revised March 2016](#)

Forms

New form: [RO HAI](#) With a board or brick break
And All Previous Forms

[Giecho Hyung Il Bu](#) pdf

[Giecho Hyung Il Bu Sang Gup](#) pdf

[Giecho Hyung Yi Bu](#) pdf

[Giecho Hyung Yi Bu Sang Gup](#) pdf

[Giecho Hyung Sahm Bu](#) pdf

[Pyong An Cho Dan](#) pdf

[Pyong An Yi Dan](#) pdf

[Pyong An Sahm Dan](#) pdf

[Pyong An Sa Dan](#) pdf

[Pyong An Oh Dan](#) pdf

[Bassai](#) pdf

[Ro Hai](#) pdf

One-Steps

Create 3 right hand one-steps.

Create 3 left hand one-steps.

Three-Steps

Create 3 three-steps.

Attacking Techniques

Demonstrate 4 or 5 different combos across the room.

Jump Kicks

Use your best leg and you may choose your own phase or phases.

Sparring

Board/Brick Breaking

- a minimum of five board breaks each with a different strike or kick

[BREAKING DOCUMENT](#)

Weapons

There are no weapons required for a 1st Dan test.

SPECIAL NOTE: A black belt has demonstrated the mastery of the basics. As a black belt please consider passing on your knowledge of the basics through teaching other students.

[Description of new dress requirements after attaining black belt.](#)

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SO NOW YOU ARE A BLACK BELT! WELCOME!

As a black belt you are now a member of the Western Tang Soo Do Federation. Here are a few things you'll want to know.

Buying your new black belt uniform

- Your **trimtop needs a black** on the collar, sleeves and bottom. The Century Martial Arts online catalog contains a few options.
 - 12 oz. Heavyweight Master Jacket \$60 to \$70 -- black trim on collar, sleeves and bottom
 - 12 oz. Traditional Tang Soo Do Jacket with Cuff \$60 to \$70
- Your **pants will now be black**. Century lists options as:
 - Choose between "elastic" waist band or "traditional" which will be a pull string at the waist
 - Middle weight material is from 7 to 10 oz. Heavy weight material is 12 to 14 oz.
- [How to choose the right martial arts uniform](#) Use this link to learn more about material fabrics and fabric weights to choose something just right for you.
- Your **belt will now be black**.

Embroidering your new uniform

- Wash your uniform top before you take it to the embroidery shop
- Extreme Stitch (702.297.8800) already has the patterns and lettering laid out. Let them know you are with Bledsoe Karate Club and WTSDF. They will embroidery the WTSDF patch on the left front of your uniform and Tang Soo Do (in black) on the back with your name (in black).
- Extreme Stitch will also do your belt with your last name (in red). They will put on the one red stripe. When you test for your second you can take it back and have another stripe added.

2nd DAN

Essay

Write one to two pages describing what becoming a 2nd degree black belt means to you.

Submit one copy for each black belt on the testing board. Check with your instructor as to the specific number of black belts who will be sitting on the testing board.

Testing Fee

Submit the testing fee and testing application to the WTSDf treasurer at least 3 months before you are scheduled to test. Be sure you have cleared your eligibility to test and your testing date with your instructor.

(As of Nov 2020 fee is \$150)

Testing applications

Make enough hardcopies of your testing application so that each black belt on the testing board has a copy.

Forms

[Nianchi Cho Dan](#) pdf
[Nianchi Yi Dan](#) pdf
[Nianchi Sahm Dan](#) pdf
[Chip Su](#) pdf
[Yun Bi](#) pdf

Weapons

[WTSDf Staff Form #1](#) (also called Mahabong Baston
 Ano Esau)

[Gee Hyung](#) (Tonfa Form)

One-Steps

Create 3 right hand one-steps.
 Create 3 left hand one-steps.

Three-Steps

Create 3 three-steps.

Attacking Techniques

Demonstrate 4 or 5 different combos across the room.

Jump Kicks

Demonstrate all kicks with both right AND left legs. You may choose your own phase or phases.

Sparring

Board Breaking

3rd Dan

3rd DAN

Essay

Write one to two pages describing what becoming a 3rd degree black belt means to you.

Submit one copy for each black belt on the testing board. Check with your instructor as to the specific number of black belts who will be sitting on the testing board.

Testing Fee

Submit the testing fee and testing application to the WTSDF treasurer at least 3 months before you are scheduled to test. Be sure you have cleared your eligibility to test and your testing date with your instructor.

(As of Nov 2020 fee is \$150)

Testing applications

Make enough hard copies of your testing application so that each black belt on the testing board has a copy.

Forms

[Yun Bi](#) pdf
[Chin Te](#) pdf
[Geong](#) pdf
[Koon San Goon](#) pdf
[Tae Gi Hyul](#) pdf

Weapons

[WTSDF Basic Bo Form #1](#) (also called Mahabong Baston Ano Esau)

[Gee Hyung](#) (Tonfa Form)

[Na Mu A Podam](#) (Wind in the Wood)

One-Steps

Create 3 right hand one-steps.

Create 3 left hand one-steps.

Three-Steps

Create 3 three-steps.

Attacking Techniques

Demonstrate 4 or 5 different combos across the room.

Jump Kicks

Demonstrate all kicks with both right AND left legs. You may choose your own phase or phases.

Sparring

Board Breaking

4th Dan and up

4th DAN - 10th DAN

4th Dan and up is a private test in front of our top two leaders of the Western Tang Soo Do Federation. You may invite those you wish to view the testing or you may wish to have no one in the audience. The **black belt essay is optional**: one or two pages describing what becoming the next dan level of black belt means to you. If you choose to write an essay you will need to submit two copies.

There is no testing fee for 4th Dan and up.

Testing applications:
You will need to provide two copies of your testing application.

Forms

[Giecho Hyung Il Bu](#) pdf
[Giecho Hyung Il Bu San Gup](#) pdf
[Giecho Hyung Yi Bu](#) pdf
[Giecho Hyung Yi Bu San Gup](#) pdf
[Giecho Hyung Sahm Bu](#) pdf
[Pyong An Cho Dan](#) pdf
[Pyong An Yi Dan](#) pdf
[Pyon An Sahm Dan](#) pdf
[Pyong An Sa Dan](#) pdf
[Pyong An Oh Dan](#) pdf
[Bassai](#) pdf
[Ro Hai](#) (with a break) pdf
[Nianchi Cho Dan](#) pdf
[Nianchi Yi Dan](#) pdf
[Nianchi Sahm Dan](#) pdf
[Chip Su](#) pdf
[Yun Bi](#) pdf
[Chin Te](#) pdf
[Geong](#) pdf
[Koon San Goon](#) pdf
[Tae Gi Hyul](#) pdf

Weapons

[WTSDF Basic Bo Form #1](#) (also called Mahabong Baston Año Esau)

[Gee Hyung](#) (Tonfa Form)

[Na Mu A Podam](#) (Wind in the Wood)

APPENDIX

Stretching

- This 5-minute [“Stretching for Flexibility”](#) video was created by Ms. Becca Bledsoe Searle (4th Dan) as a review for a seminar she presented in July 2020 and to also show her before-and-after flexibility photos after stretching for four weeks.
- [Notes from Stretching for Flexibility](#) - This PDF is Mrs. Nelson’s notes taken at the above seminar presented by Ms. Searle. This PDF gives details of the variety of stretches and key points given by Ms. Searle.