



# Tae Kwon Do Advanced Course

## *Bodan 1- 4 (Black Belt Candidate)*

<b><i>Bodan - 1</i></b>	<p><b>Combination kicks:</b> White, Yellow, Orange Belts  <b>POOMSAE:</b> KIBON HANA, KIBON DUL, TAEGEUK 1, 2, 8 JANG  <b>GYOROOGI:</b> Free sparring (<i>WTF Olympic style</i>)  <b>KYUKPA:</b>  Hands: Hammer fist, Punch  Kicks: Roundhouse, Axe kick  <b>Korean Terms 1, 2</b></p>
<b><i>Bodan - 2</i></b>	<p><b>Combination kicks:</b> Green, Blue, Purple Belts  <b>POOMSAE:</b> TAEGEUK 3, 4, 5, 8 JANG  <b>GYOROOGI:</b> Free sparring (<i>WTF Olympic style</i>)  <b>KYUKPA:</b>  Hands: Elbow strike, Back fist  Kicks: Side kick, Back kick  <b>Korean Terms 1, 2</b></p>
<b><i>Bodan - 3</i></b>	<p><b>Combination kicks:</b> Purple, Brown, Red Belts  <b>POOMSAE:</b> TAEGEUK 6,7, 8 JANG  <b>GYOROOGI:</b> Free sparring (<i>WTF Olympic style</i>)  <b>KYUKPA:</b>  Hands: Palm strike, Knife hand strike  Kicks: Front hook kick, Back spin hook kick  <b>Korean Terms 1, 2</b></p>
<b><i>Bodan- 4</i></b>	<p><b>Combination kicks:</b> All color Belts  <b>POOMSAE:</b> KIBON HANA, KIBON DUL  TAEGEUK 1, 2, 3, 4, 5, 6, 7, 8 JANG  <b>GYOROOGI:</b> Free sparring (<i>WTF Olympic style</i>)  <b>Korean Terms 1, 2</b>  <b><i>Preparing 1 Dan/Poom Black Belt Test</i></b></p>

