



USTC Martial Arts Curriculum



Breaking Skill

TINY TIGER

REGULAR TKD

RANK	SKILL	Rank	SKILL
White	Hammer Fist	White	Hammer Fist & Front Kick
White / Yellow	Out to In Hammer Fist	Yellow	Knife Hand Strike & Axe Kick
White / Orange	In to Out Hammer Fist	Orange	Knife Hand Strike & Round House Kick
White / Green	Knife Hand Strike	Green	Knife Hand Strike & Side Kick
White / Purple	Out to In Knife Hand Strike	Purple	Punch & Back Kick
White / Blue	In to Out Knife Hand Strike	Blue	Punch & Back Hook Kick
White / Brown	Front Kick	Dark Blue	Punch & Jumping Back Kick
White / Red	Axe Kick	Brown	Punch & Jumping Back Hook Kick
White / Black	Punch & Round Hose Kick	Brown St	Punch & Flying Side Kick

Red Belt : Individual Breaking
(Student Pick Any Hand & Kick Technique)

Semi Black Belt & Black Belt : Individual Breaking
(Master Pick Any Hand & Kick Technique)