



Core SKILLZ®

Age-Specific Martial Arts Training for
7 to 9 year olds

Requirement Guide

The Core SKILLZ® Belts

There are a total of 9 belts in the Core SKILLZ® Program. The belts are also broken down into 3 experience levels: beginner, intermediate, and advance.

Beginners Belt Ranks:

	Time Requirement
White Belt	2 months
Orange-White Belt	2 months
Orange Belt	2 months

Intermediate Belt Ranks:

Orange-Black Belt	2 months
Purple-Black Belt	2 months
Yellow-White Belt	2 months

Advanced Belt Ranks:

Yellow Belt	4 months
Green Stripe	4 months
Green Belt	4 months

Core SKILLZ™ Beginner Testing Chart

Skill	White Belt	Orange-White Belt	Orange Belt
Agility	Switch feet and kick the target with the front leg 10 times (5 times each leg) (Tag sparring Day)	Double switch and kick the target with the front leg 10 times (5 times each leg) (Tag sparring Day)	Triple switch and kick the target with the front leg 10 times (5 times each leg) (Tag sparring Day)
Dojang Etiquette	Student Creed Numbers 1 to 10 Korean Words for: Uniform, Training Hall, Attention, Ready, Bow (Pattern Day)	Taekwondo Oath Korean Words for: Start, Stop, Return, Relax (Pattern Day)	Korean Words for: Walking Stance, Sitting Stance (Pattern Day)
Courage Blocks: High, middle, & lo Strikes: Knife, back fist & punch Stances: Walking, sitting, & L Kicks: Front, round & side	Must perform all stage 1 blocks and strikes 3 Break fall (Sitting) (Tag sparring Day)	Must perform all stage 1 kicks and stances 3 Break fall (Crunching) (Tag sparring Day)	Must perform all stage 1 blocks, strikes, kicks, and stances from memory 3 Break fall (Standing) (Tag sparring Day)
Flexibility	Hold middle splits for 30 seconds (Pattern Day)	Hold scissors splits for 30 seconds (Each leg) (Pattern Day)	Hold middle splits and scissors splits for 30 seconds (Pattern Day)
Intensity	Palm strike Board break Technique (Tag sparring Day)	Hammer fist Board break Technique (Tag sparring Day)	Elbow strike Board break Technique (Tag sparring Day)
Perseverance Arms: Hold push-up Legs: Hold squat position Abs: Hold in dish Core: Hold beginner bridge w/ leg extended	Static exercises for 10 seconds (Pattern Day)	Static exercises for 20 seconds (Pattern Day)	Static exercises for 30 seconds (Pattern Day)
Speed 1 – 8: L jab, R cross, L hook, R uppercut, L block, R block, L kick, R kick 8 – 12: Duck, L kick, duck, R kick 12 – 16: L rib block, R rib block, L jump front kick, L jump front kick	Must perform kickboxing combinations 1-8 3 times in a row Flying front kick hitting target (Tag sparring Day)	Must perform kickboxing combinations 1-12 3 times in a row Flying front kick over 1 red pad high (Tag sparring Day)	Must perform kickboxing combinations 1-16 3 times in a row Flying side kick hitting target (Tag sparring Day)
Concentration	Must perform four directional footwork; Plus 1 directional punch	Must perform four directional punch	Must perform four directional block

Korean Numbers 1 to 10: Hanna, Dool, Set, Net, Dasot, Yosot, Ilgob, Yodol, Ahop, Yol

Korean Translation: White Belt: Uniform—Dobok; Training hall—Dojang; Attention -- Charyot; Ready—Junbi; Bow—KyongYe

Orange-White: Start—Sijak; Stop—Goman; Return—Paro; Relax—Sheoh;

Orange: Walking stance—Gunnun Sogi; Sitting Stance—Annun Sogi

Core SKILLZ™ Intermediate Testing Chart

Skill	Orange-Black Belt	Purple-Black Belt	Yellow-White Belt
<p>Agility</p> <p>1. Front leg kicks 2. Back leg kicks 3. Back leg raised/ kicking with front leg</p>	<p>Jump front kicks 1-3 (Tag sparring Day)</p>	<p>Jump round kicks 1-3 (Tag sparring Day)</p>	<p>Jump side kicks 1-3 (Tag sparring Day)</p>
<p>Dojang Etiquette</p>	<p>Numbers 11 to 20 20-Samul Korean Words for: L stance-Niunja Block-Makgi (Pattern Day)</p>	<p>Numbers 20 to 30 30-Sorun Korean Words for: Front Kick-Ap chagi Punch-Jirugi (Pattern Day)</p>	<p>Numbers 30 to 40 40-Mahun Korean Words for: Round house-Dollyo chagi Forefist-Ap joomuk (Pattern Day)</p>
<p>Courage</p> <p>1. Single arm grab 2. Single shoulder grab 3. Single back shoulder grab 4. Double arm grab 5. Double shoulder grab 6. Double back shoulder grab</p>	<p>Demonstrating escapes 1-3; 3 Somersault (Start with knees and hands on the floor) (Tag sparring Day)</p>	<p>Demonstrating escapes 4-6; 3 Somersault (From crunch position, knees and hands off floor) (Tag sparring Day)</p>	<p>Demonstrating escapes 1-6; 3 Somersault (Start from standing) (Tag sparring Day)</p>
<p>Flexibility</p>	<p>10 front kicks Head level (5 on each leg) (Pattern Day)</p>	<p>10 round kicks Head level (5 on each leg) (Pattern Day)</p>	<p>10 side kicks Head level (5 on each leg) (Pattern Day)</p>
<p>Intensity</p>	<p>Front kick Board break Technique (Tag sparring Day)</p>	<p>Round kick Board break Technique (Tag sparring Day)</p>	<p>Side Kick Board break Technique (Tag sparring Day)</p>
<p>Perseverance</p> <p>Arms: Int. push-up Legs: Squat touching ground Abs: Dish pulling both knee in Core: Bridge with kicks</p>	<p>Active exercises for 10 reps (Pattern Day)</p>	<p>Active exercises for 20 reps (Pattern Day)</p>	<p>Active exercises for 30 reps (Pattern Day)</p>
<p>Speed</p>	<p>Must kick target 30 times in 30 seconds while putting foot down after each kick; Flying side kick over 1 red pad high (Tag sparring Day)</p>	<p>Must kick target 35 times in 30 seconds while putting foot down after each kick; Flying side kick over a red pad & a focus pad (Tag sparring Day)</p>	<p>Must kick target 40 times in 30 seconds while putting foot down after each kick; Flying side kick over a red pad & 2 focus pad (Tag sparring Day)</p>
<p>Concentration</p>	<p>Must perform first 8 moves of Chonji Tul</p>	<p>Must perform all 19 moves of Chonji Tul</p>	<p>Must perform Chonji with eye closed</p>

Core SKILLZ™ Advance Testing Chart

Skill	Yellow Belt	Yellow-Green Belt	Green Belt
Agility	Hitting the target with reverse hook kicks (5 on each leg) (Sparring Day)	Hitting the target with spin hook kicks (5 on each leg) (Sparring Day)	Hitting the target with step-spin hook kicks (5 on each leg) (Sparring Day)
Dojang Etiquette Blocks: Knife hand & twin forearm Strikes: Fingertip thrust Stances: Closed, X, bending & fix Kicks: Hook, outside crescent, inside crescent	Must perform stage 2 hand basics Korean Words for: Knife hans-Sonkal Twin forearm-Doo palmok makgi (Pattern Day)	Must perform stage 2 foot basics Korean Words for: Hook Kick-Golcho chagi Crescent kick-Bandal chagi (Pattern Day)	Must perform stage 2 hand and foot basics Korean Words for: Closed stance-Moa Sogi X stance-Kyocha Sogi (Pattern Day)
Courage	Demonstrate single leg fall three times with instructor; 3 Shoulder rolls (knee) (Sparring Day)	Demonstrate single leg throw three times with instructor; 3 Shoulder rolls (standing) (Sparring Day)	Demonstrate single leg fall and throw three times with peer; 3 Shoulder rolls (running) (Sparring Day)
Flexibility	10 Snap outside crescent kicks Head level (5 on each leg) (Pattern Day)	10 Snap inside crescent kicks Head level (5 on each leg) (Pattern Day)	10 Hook kicks Head level (5 on each leg) (Pattern Day)
Intensity Hand: palm, hammer, or elbow Foot: front, round, or side Extra point: jump, blind, or add a board	2 point hand break (Sparring Day)	2 point foot break (Sparring Day)	2 point hand and foot break (Sparring Day)
Perseverance Arms: push-up Legs: Squat jump tucks Abs: Leg raises Core: Bridge with shoulder taps	Dynamic exercises for 10 reps (Pattern Day)	Dynamic exercises for 20 reps (Pattern Day)	Dynamic exercises for 30 reps (Pattern Day)
Speed 1. Lead hand jab, reverse punch, back leg front kick 2. Jab, lead leg front kick reverse punch, back leg front kick 3. Lead leg 2 round kick hopping, reverse punch, back leg round kick	Sparring combination #1 three times in a row (on both sides) Flying side kick over 2 red pad high (Sparring Day)	Sparring combinations 1 and 2 three times in a row (on both sides) Flying side kick over 2 red pad & a focus pad (Sparring Day)	Sparring combinations 1-3 three times in a row (on both sides) Flying side kick over 2 red pad & 2 focus pad (Sparring Day)
Concentration	Must perform Chonji Tul and Dan Gun (21)	Must perform Dan Gun and Do San (24)	Must perform Do San and Won Hyo (28)

Green Stripe plus must complete in at least 1 tournament for each rank, they will get a multi colour stripe.