

JUNIOR & YOUTH HOME PRACTISE SYLLABUS 1ST DAHN

BELT	HANDSTRIKES (SOOKI)	KICKING (JOHK SOOL)	FORMS (HYUNG)	TECHNIQUES (HO SIN SOOL)	WEAPONS (MOO KI SOOL)
WHITE/YELLOW	JUHNG GWAN	AHO CHA OH LI KI	CHO GEUP 1	SOHN PPAE KI 5 (SUN SOHN MOHK 5)	SSAHNG JUHL BONG 1
YELLOW	PYUNG SOO	JIK UH	CHO GEUP 2	KIBON SOO 5	SSAHNG JUHL BONG 2
YELLOW/ORANGE	MANG CHI KI	AHN DAE RAE	CHO GEUP 3	KIBON SOO 10	SSAHNG JUHL BONG 3 & 4
ORANGE	SUDO	AHN GOOM CHI	KIBON IL	KIBON SOO 15	SSAHNG JUHL BONG 5
ORANGE/GREEN	HAEJUN SUDO	BAHK AHN DAE RAE	KI CHO 2	SOHN MOHK SOO 6	SSAHNG JUHL BONG 6
GREEN	YUK SUDO	MOO RUP	KI CHO 4	SOHN MOHK SOO 11	SSAHNG JUHL BONG 7
GREEN/BLUE	PAHL GOOMCHI	AHP	KI CHO 6	EUE BOHK SOO 7	SSAHNG JUHL BONG 8
BLUE	GAK GWAN	YUP	KONG SHIN	EUE BOHK SOO 13	DAN BONG SUN SOOL
BLUE/RED	SAJI GWAN	BAHL DEUNG	JOONG GEUP	AHN SOHN MOHK SOO 6	
RED	GWAN SOO	DOOL RAE	GOH GEUP TO TURNING PUNCH	MAEK CHI KI 15	DAN BONG SHIP PAHL DONG JAHK
RED/BROWN	YUK PYUNG SOO	YOP JI KI	GOH GEUP ALL	MAEK CHA KI 15	
BROWN	AHP/DEE SOOKI	BAHL GOOM CHI	DAE GEUP	SUN JOHK SOOL 10	DAN BONG IL HYUNG
BLACK STRIPE	SSAHNG SUDO	DEE	GUHM MOO	CHIRUGI SOOL 11	JOONG BONG SUN SOOL
DBN	SSAHNG PYUNG SOO	DEE DORA	GUHM MOO	JOONG MUHK MAGA KIBON SOO 15	JOONG BONG MAKKI
DBN STRIPES	SAMAGUI GWAN	DORA	GUHM MOO	JOONG GEUP SOHN MOHK SOO 7 AHP EUE BOHK SOO 10	KIBON BONG 1 - 15
BLACK	HO GOO GWAN	HAH/SAH DAN DORA	GUHM MOO	AHP EUE BOHK SOO 20	