The Jun Tong Taekwon-Do Federation

(Class #3)

“Curriculum for Beginners”
(Examples)

✔ Level = White Belt Class - first week of training
✔ Level = White Belt Class - with 1 month of training
✔ Level = White Belt Class - learning Stepping Techniques
✔ Level = White Belt Class - learning Saju-Chirugi
✔ Level = White Belt Class - learning (1-3) 1-Steps
✔ Level = White Belt Class - learning Promotional Testing procedures

✔ Level = White Belt/Yellow Stripe Class - learning proper Stretching, Breathing, Balance, Focus, etc.
✔ Level = White Belt/Yellow Stripe Class - learning Pattern Combination Drills
✔ Level = White Belt/Yellow Stripe Class - learning Chon-Ji
✔ Level = White Belt/Yellow Stripe Class - learning Sparring Combination Drills
✔ Level = White Belt/Yellow Stripe Class - preparing for their Yellow Belt 8th Grade Promotional Test

✔ Level = Yellow Belt Class - learning Dan-Gun
✔ Level = Yellow Belt Class - learning the application of Sparring Combination Drills
✔ Level = Yellow Belt Class - learning Sparring procedures
✔ Level = Yellow Belt Class - learning to use Training Aids
✔ Level = Yellow Belt Class - learning a few basic Self-Defense techniques