Tehnika / Geup	10. geup	9. geup	8. geup	7. geup	6. geup	5. geup	4. geup	3. geup	2. geup	1. geup
Vöö/Belt										
Psyhical test/Üldfüüsiline test										
Jooks/Run										
Joonejooks/Line-run										
Kätekõverdused/Push Ups	X	X	X	X	X	X	X	X	X	X
Venitus(spagaadid)/Streching										
Kükid/Squats										
Kõhulihased/ABS										
Poomsae/Komplekssharjutus										
Poomsae Taegeuk Il Jang (1) *Heaven*		X	X	X	X	X	X	X	X	X
Poomsae Taegeuk Ee Jang (2) *Lake*				X	X	X	X	X	X	X
Poomsae Taegeuk Sam Jang (3) *Fire*					X	X	X	X	X	X
Poomsae Taegeuk Sah Jang (4) *Thunder*						X	X	X	X	X
Poomsae Taegeuk Oh Jang (5) *Wind*							X	X	X	X
Poomsae Taegeuk Yuk Jang (6) *Water*								X	X	X
Poomsae Taegeuk Chil Jang (7) *Mountain*									X	X
Poomsae Taegeuk Pal Jang (8) *Earth*										X
Terminology/Terminoloogia										
Numbrid 1-10/Numbers 1-10		X	X	X	X	X	X	X	X	X
Charyot, kyongrye, Gyeorugi junbi, Gibon junbi		X	X	X	X	X	X	X	X	X
Bojumeok junbi									X	X
simus mis tähendab *Taekwondo? Question, what means Taekwond*		X	X	X	X	X	X	X	X	X
Blocks/Blokid										
Naeryeo makgi		X	X	X	X	X	X	X	X	X
(bakkatpalmok)An makgi		X	X	X	X	X	X	X	X	X
Ollyeo makgi		X	X	X	X	X	X	X	X	X
(sonnal)bakkat makgi					X	X	X	X	X	X
sonnal kodureo bakkat makgi						X	X	X	X	X
(bakkatpalmok) bakkat makgi						X	X	X	X	X
sonnal bitureo bakkat makgi								X	X	X
(bakkatpalmok) olgul bakkat makgi								X	X	X
(bakkatpalmok) arae Hecheomakgi								X	X	X
Batangson an makgi								X	X	X
sonnal kodureo Naeryeo makgi									X	X
Gawimakgi									X	X
(bakkatpalmok) Hecheomakgi									X	X
(palmok) Otgoreo makgi									X	X
(bakkatpalmok) kodureo bakkat makgi										X
Oe santeul makgi										X
kodureo Naeryeo makgi										X
Kicks/Löögid jalgadega										
Ap chagi	X	X	X	X	X	X	X	X	X	X
Dollyeo chagi	X	X	X	X	X	X	X	X	X	X
Naeryeo chagi		X	X	X	X	X	X	X	X	X
Yeop chagi			X	X	X	X	X	X	X	X
Dwi chagi				X	X	X	X	X	X	X
Narae chagi(double round house Kicks)					X	X	X	X	X	X
Dwi Huryeo chagi						X	X	X	X	X
Dolgae chagi							X	X	X	X
Ttwieo ap chagi								X	X	X
Ttwieo yeop chagi									X	X
Ttwieo Dwi Huryeo chagi										X
Hand tehnique/Löögid kätega										
momtong jireugi		X	X	X	X	X	X	X	X	X
momtong dubeon jireugi		X	X	X	X	X	X	X	X	X
momtong sabeon jireugi		X	X	X	X	X	X	X	X	X
olgul jirugi		X	X	X	X	X	X	X	X	X
arae jirugi		X	X	X	X	X	X	X	X	X
sonnal an chigi					X	X	X	X	X	X
kodureo sewo jjireugi						X	X	X	X	X
Jebipumchigi sonnal an chigi						X	X	X	X	X
Deungjumeok olgul ap chigi						X	X	X	X	X
Mejumeok naeryo chigi							X	X	X	X
Palgup dollyo chigi							X	X	X	X
Palgup pyojeok chigi							X	X	X	X
Deungjumeok kodureo olgul ap chigi									X	X
Dujumeok jeocho jireugi									X	X
Deungjumeok bakkat chigi										X
Danggyeo jireugi										X
Stances/Seisundid										
Moa seogi		X	X	X	X	X	X	X	X	X
Naranhi seogi		X	X	X	X	X	X	X	X	X
Juchum seogi		X	X	X	X	X	X	X	X	X
Ap seugi		X	X	X	X	X	X	X	X	X
Ap gubi		X	X	X	X	X	X	X	X	X
Dwit gubi					X	X	X	X	X	X
Yeop seogi							X	X	X	X
Kkoa seogi							X	X	X	X
Beom seogi									X	X
KYORUGI/Sparring										
soft/light sparring ilma varustuseta		X	X	X	X					
sparring varustusega			1X1MIN	2X1MIN	3X1MIN	3X1,5MIN	3X1,5MIN	3X2MIN	3X2MIN	3X2MIN
sparring 2 vastasega							X	X	X	X
ühesammuvõitlus/one step sparring								X	X	X
kolmesammuvõitlus/3 step sparring									X	X
KYUKPA/Lõhkumine										
momtong jireugi	X	X	X	X	X	X	X	X	X	X
Ap chagi		X	X	X	X	X	X	X	X	X
Dollyeo chagi			X	X	X	X	X	X	X	X
Naeryeo chagi				X	X	X	X	X	X	X
Yeop chagi					X	X	X	X	X	X
Dwi chagi						X	X	X	X	X
Dwi Huryeo chagi							X	X	X	X
Dolgae chagi								X	X	X
Ttwieo ap chagi									X	X
Ttwieo yeop chagi									X	X
Ttwieo Dwi Huryeo chagi										X
Kirjalik osa/Writing										
Essee/Essay							X	X	X	X