| 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 |