



## GTUK Taekwon-do Patterns (Tul) 5 DAY schedule, only 15 minutes a day.



Click link to see YOUR PATTERNS here:  
[GT-UK.net/syllabus/taekwon-do-patterns/](http://GT-UK.net/syllabus/taekwon-do-patterns/)

BELT GRADE	Day 1	Day 2	Day 3	Day 4	Day 5
	Suggested by Mr & Mrs Bedingfield, Co-instructors Beccles Taekwon-do				
White Belt to Yellow Tag	Saju Jirugi	Saju Makgi	Saju Jirugi	Saju Makgi	Saju Jirugi, Saju Makgi
Yellow Tag to Yellow Belt	Chon-Ji	Chon-Ji, Saju Jirugi	Chon-Ji, Saju Makgi	Chon-Ji, Saju Jirug	Chon-Ji, Saju Makgi
Yellow Belt to Green Tag	Dan-Gun	Dan-Gun, Saju Jirugi	Dan-Gun, Chon-Ji	Dan-Gun, Saju Makgi	Dan-Gun, Chon-Ji
Green Tag to Green Belt	Do-San, Dan-Gun	Do-San, Saju Jirugi	Do-San, Saju Makgi	Do-San, Chon-Ji	Do-San, Dan-Gun
Green Belt to Blue Tag	Won-Hyo, Do-San	Won-Hyo, Saju Jirugi, Saju Makgi	Won-Hyo, Chon-Ji	Won-Hyo, Dan-Gun	Won-Hyo, Do-San
Blue Tag to Blue Belt	Yul-Gok, Won-Hyo	Yul-Gok, Saju Jirugi, Saju Makgi	Yul-Gok, Chon-Ji, Dan-Gun	Yul-Gok, Do-San	Yul-Gok, Won-Hyo
Blue Belt to Red Tag	Joong-Gun, Yul-Gok	Joong-Gun, Saju Jirugi, Saju Makgi, Chon-Ji	Joong-Gun, Dan-Gun, Do-San	Joong-Gun, Won-Hyo	Joong-Gun, Yul-Gok
Red Tag to Red Belt	Toi-Gye, Joong-Gun	Toi-Gye, Saju Jirugi, Saju Makgi, Chon-Ji	Toi-Gye, Dan-Gun, Do-San	Toi-Gye, Won-Hyo, Yul-Gok	Toi-Gye, Joong-Gun
Red Belt to Black Tag	Hwa-Rang, Toi-Gye	Hwa-Rang, Saju Jirugi, Saju Makgi, Chon-Ji, Dan-Gun	Hwa-Rang, Do-San, Won-Hyo	Hwa-Rang, Yul-Gok, Joong-Gun	Hwa-Rang, Toi-Gye
Black Tag to Black Belt	Choong-Moo, Hwa-Rang, Toi-Gye	Choong-Moo, Hwa-Rang, Won-Hyo, Yul-Gok, Joong-Gun	Choong-Moo, Hwa-Rang, Saju Jirugi, Saju Makgi, Chon-Ji, Dan-Gun, Do-San	Choong-Moo, Hwa-Rang, Won-Hyo, Yul-Gok, Joong-Gun	Choong-Moo, Hwa-Rang, Toi-Gye