

Brown Stripe Belt Curriculum

Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Clean and correctly worn uniform

Yellow Tape

- Self defense techniques: #1, #2
- Three step sparring: #1 ~ #3
- Breaking technique: Jumping Back Hook Kick
- Black belt philosophy - "Confidence"

Green Tape

- Tae Geuk Pal Jang
- Basic Rolling - Right, Left Rolling

Black Tape

- Review and pre-test all the above requirements
- Review Terminology
- Appropriate uniform
- Minimum of 14 classes and 7 weeks

REQUIREMENTS

1. Parent and teacher signatures on the test paper
2. Minimum of 16 classes within 8 weeks

P.K. TRAINING: Jab - Punch - Hook - Uppercut - Elbow strike - Elbow strike - Walking - Flying side kick - Turnaround (say Sir) X2

HAND TECHNIQUES:

1. Half Mountain Block, Front Stance - Uppercut (Turnaround) X2
2. Back Stance - Single Knife Hand Block , Front Stance - Elbow + Back Fist + Punch (Turnaround) X2

KICKING TECHNIQUES:

1. Round House Kick - Jump Flying Back Hook Kick - Turnaround (say Sir) X2
2. Round House Kick - Back Hook Kick - Jumping Back Hook kick - Turnaround (say Sir) X2

SELF-DEFENSE (ho sin sool): #1 Choking from the front, #2 Choking from the front (see video below)

THREE STEP SPARRING: #1, #2, #3 (see video below)

BREAKING TECHNIQUE: Jumping Back Hook Kick

FORM: Tae Guek Pal Jang

Start - All forms begin from a ready stance

1. Fists into sparring position - left back stance - double fist middle block - slide to left front stance - right middle punch
2. Right, Left jump double front kick (kiyup!) - left front stance - left out-to-in middle block - double middle punch
3. Step forward - right front stance - right middle punch
4. Turn left 270 degrees - left half mountain block
5. Slide to left front stance - right uppercut
6. Turn right 180 degrees - right half mountain block
7. Slide to right front stance - left uppercut
8. Step back 90 degrees - left back stance - left double knife block
9. Slide to left front stance - right middle punch - right front snap kick - two slide back to right tiger stance - right palm block
10. Turn left 90 degrees - left tiger stance - left double knife block
11. Left front snap kick - left front stance - right middle punch - tiger stance back - left palm block
12. Turn right 180 degrees - right tiger stance - right double knife block
13. Right front snap kick - right front stance - left middle punch - tiger stance back - right palm block
14. Turn right 90 degrees - double fist low - right back stance
15. Left front snap kick - right jump front snap kick (kiyup!) - right front stance - right out-to-in middle block - left, right middle double punch
16. Turn left 270 degrees - left back stance - left knife block
17. Slide into left front stance - right elbow - right back fist - left punch
18. Turn right 180 degrees - right back stance - right knife block
19. Slide into right front stance - left elbow - left back fist - right punch
20. Finish - Turn left 180 degrees - return to ready stance

FRONT ROLLING:

1. Have them squat down on the floor, and place their hands just in front of their feet. Make sure that their bottoms are not sticking out and that they have raised up on their tippy-toes.
2. They should tuck their chins into their chests, and lower their head to the floor. Their chins should remain tucked throughout the forward roll. If they have trouble doing this, tell them to watch their belly buttons while they roll.
3. The children should roll their heads until the backs of their necks touch the floor. Their feet should straighten a little as they roll their heads.

4. Push off with their feet, they should roll over. Instruct them to stay in a ball position while they roll.
5. Make sure they lift their torsos from the ground and move their hands to either side of their feet. Their knees should remain bent while they lift their torsos (The children should roll on left side same as right roll) X2.

TERMINOLOGY:

1. Double front kick - Du bal dang seong
2. Single mountain block - We san teul mak ki
3. Korean numbers: 60, 70, 80, 90, 100
4. Yeah soon, E roon, Yeo den, Ah hun, Bak

GENERAL QUESTIONS AND KNOWLEDGE:

1. Name all of the World Taekwondo Federation forms?

NUTRITION:

Put good things into your body and you'll see good results. Fill your body with junk food and garbage and it won't perform with the proper intensity necessary to accomplish Black Belt level skill, ability and confidence. Poor eating habits cause lack of energy, depression, moodiness, as well as, excess body fat. Proper eating habits allow you more energy to perform better at work or at the Physical activities that you enjoy. Putting the right fuel into your tank helps you keep a positive and enthusiastic outlook on life. Calories and the food you eat are basically made up of three things: protein, carbohydrates and fat. Protein is the food source used for tissue repair and muscle growth. High-energy and clean burning fuel usually come from foods in the carbohydrate group. Limited fat intake is desired to achieve a quality fitness and energy level. Good sources of protein are chicken, turkey and fish. Carbohydrates come from fruits, vegetables, pasta, rice and potatoes. Try to avoid candy bars, cakes and soda pops that are filled with sugar. They tend to give you a short burst of energy followed by depression and/or fatigue. It is also advisable to drink plenty of water (6-8 glasses per day) to replenish your body with the fluids you burn off. You'll avoid dehydration by doing this, and should feel and increase in your energy level. These are just brief guidelines and suggestions on proper eating on your way to Martial Arts excellence. Everyone needs to educate and discipline themselves to develop proper eating habits.