

BROWN STRIPE BELT CURRICULUM

RED TAPE

- P.K. TRAINING
- HAND TECHNIQUES #1, #2
- KICKING COMBINATION #1, #2
- CLEAN AND CORRECTLY WORN UNIFORM

YELLOW TAPE

- ONE STEP SPARRING #1, #2, #3
- SELF DEFENSE #1, #2

GREEN TAPE

- TAE GUK 8 (PAL) JANG

BLACK TAPE

- REVIEW & PRE-TEST ALL OF THE ABOVE TAPES
- REVIEW TERMINOLOGY
- MINIMUM OF 16 CLASSES WITHIN 8 WEEKS

REQUIREMENTS FOR BELT PROMOTION TEST

1. ALL 4 TAPES ON THE BELT
2. PARENT AND TEACHER'S SIGNATURES ON THE TEST APPLICATION
3. MINIMUM OF 16 CLASSES WITHIN 8 WEEKS

BREAKDOWN ON CURRICULUM

P.K. TRAINING:

JAB – PUNCH – HOOK – UPPERCUT – ELBOW STRIKE – ELBOW STRIKE – WALKING – FLYING SIDE KICK – TURN AROUND (SAY SIR) X2

HAND TECHNIQUES:

1. FRONT STANCE – SINGLE MOUNTAIN BLOCK X3 (TURN AROUND)
2. BACK STANCE – SINGLE KNIFE HAND BLOCK – FRONT STANCE – ELBOW + BACK FIST + PUNCH X3 (TURN AROUND)

KICKING COMBINATION:

1. ROUNDHOUSE KICK – FLYING BACK HOOK KICK – TURN AROUND (SIR) X2
2. ROUNDHOUSE KICK – BACK HOOK KICK – JUMPING BACK HOOK KICK – TURN AROUND (SIR) X2

SELF DEFENSE: #1, #2 (SEE VIDEOS ON THE WEBSITE)

THREE STEP SPARRING: #1, #2, #3 (SEE VIDEOS ON THE WEBSITE)

BREAKING TECHNIQUE: JUMPING BACK HOOK KICK

FORM: TAE GUK 8 (PAL) JANG

START – ALL FORMS BEGIN FROM A READY STANCE (JOON BI)

1. LEFT BACK STANCE – DOUBLE FIST MIDDLE BLOCK – SLIDE TO LEFT FRONT STANCE – RIGHT MIDDLE PUNCH
2. RIGHT, LEFT JUMP DOUBLE FRONT KICK – ‘KI HAP’ SAY AYA! – LEFT FRONT STANCE – LEFT INNER WRIST BLOCK – DOUBLE MIDDLE PUNCH
3. STEP FORWARD – RIGHT FRONT STANCE – RIGHT MIDDLE PUNCH
4. TURN LEFT 270 DEGREES – LEFT SINGLE MOUNTAIN BLOCK
5. SLIDE TO LEFT FRONT STANCE – RIGHT UPPER CUT
6. TURN RIGHT 180 DEGREES – RIGHT SINGLE MOUNTAIN BLOCK
7. SLIDE TO RIGHT FRONT STANCE – LEFT UPPER CUT
8. STEP BACK AND TURN LEFT 90 DEGREES – LEFT BACK STANCE – LEFT DOUBLE KNIFE BLOCK
9. SLIDE TO LEFT FRONT STANCE – RIGHT MIDDLE PUNCH – RIGHT FRONT SNAP KICK – TWO STEP 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 – SLIDE TO LEFT TIGER STANCE – 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 – SLIDE TO RIGHT TIGER STANCE – RIGHT PALM BLOCK
14. TURN RIGHT 90 DEGREES – RIGHT BACK STANCE – DOUBLE LOW FIST BLOCK
15. LEFT FRONT SNAP KICK – RIGHT JUMPING FRONT SNAP KICK – ‘KI HAP’ SAY AYA! – RIGHT FRONT STANCE – RIGHT INNER WRIST BLOCK – DOUBLE MIDDLE PUNCH
16. TURN LEFT 270 DEGREES – LEFT BACK STANCE – LEFT SINGLE KNIFE BLOCK
17. SLIDE INTO LEFT FRONT STANCE – RIGHT ELBOW STRIKE – RIGHT BACK FIST – LEFT PUNCH
18. TURN RIGHT 180 DEGREES – RIGHT BACK STANCE – RIGHT SINGLE KNIFE BLOCK
19. SLIDE INTO RIGHT FRONT STANCE – LEFT ELBOW STRIKE – LEFT BACK FIST – RIGHT PUNCH
20. FINISH – RETURN TO READY STANCE

FRONT ROLLING (2 TIMES IN 1 SET):

1. SQUAT DOWN ON THE FLOOR AND PLACE HANDS JUST IN FRONT OF THE FEET. MAKE SURE THAT YOUR BOTTOMS ARE NOT STICKING OUT AND THAT YOU HAVE RAISED UP ON YOUR TIPPY-TOES.
2. YOU SHOULD TUCK YOUR CHINS INTO YOUR CHESTS AND LOWER YOUR HEAD TO THE FLOOR. YOUR CHIN SHOULD REMAIN TUCKED THROUGHOUT THE FORWARD ROLL. IF YOU HAVE TROUBLE DOING THIS, WATCH THE BELLY BUTTONS WHILE YOU ROLL.
3. YOU SHOULD ROLL YOUR HEADS UNTIL THE BACK OF YOUR NECK TOUCH THE FLOOR. YOUR FEET SHOULD STRAIGHTEN A LITTLE AS YOU ROLL YOUR HEAD.
4. PUSH OFF WITH YOUR FEET. YOU SHOULD ROLL OVER. STAY IN A BALL POSITION WHILE YOU ROLL
5. MAKE SURE YOU LIFT YOUR TORSOS FROM THE GROUND AND MOVE YOUR HANDS TO EITHER SIDE OF YOUR FEET. YOUR KNEES SHOULD REMAIN BENT WHILE YOU LIFT YOUR TORSOS.

*BLACK TAPE STUDY GUIDE

TERMINOLOGY:

1. KOREAN NUMBERS (60, 70, 80, 90, 100) – *YEAH SOON, E ROON, YEO DUN, AH HUN, BACK*
2. DOUBLE FRONT KICK – *DU BAL DANG SEONG*
3. SINGLE MOUNTAIN BLOCK – *WE SAN TEUL MAK KI*

GENERAL QUESTIONS AND KNOWLEDGE:

1. NAME ALL OF THE WORLD TAEKWONDO FEDERATION FORMS?
 - A. **TAE GUK 1 (IL) JANG*
 - *TAE GUK 2 (E) JANG*
 - *TAE GUK 3 (SAM) JANG*
 - *TAE GUK 4 (SA) JANG*
 - *TAE GUK 5 (OH) JANG*
 - *TAE GUK 6 (YUK) JANG*
 - *TAE GUK 7 (CHIL) JANG*
 - *TAE GUK 8 (PAL) JANG*

NUTRITION:

PUT GOOD THINGS INTO YOUR BODY AND YOU WILL SEE GOOD RESULTS. FILL YOUR BODY WITH JUNK FOOD AND IT WILL NOT 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

SCHOOL, 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 MUSCLE TISSUE 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 SOURCE OF PROTEIN ARE CHICKEN, TURKEY, AND FISH. CARBOHYDRATES COME FROM FRUITS, VEGETABLE, 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 WILL AVOID DEHYDRATION BY DOING THIS, AND SHOULD FEEL AN 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.