

# GREEN 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 3 (SAM) 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:**

CROSS JAB – CROSS PUNCH – BODY HOOK – BODY HOOK – ROUNDHOUSE KICK – JUMPING BACK KICK – TURN AROUND (SAY SIR) X2

### **HAND TECHNIQUES:**

1. FRONT STANCE – DOUBLE PUNCH X3 (TURN AROUND)
2. BACK STANCE – SINGLE KNIFE BLOCK – FRONT STANCE – PUNCH X3 (TURN AROUND)

### **KICKING COMBINATION:**

1. OUT-TO-IN AX KICK – JUMPING FRONT KICK – JUMPING BACK KICK – TURN AROUND (SIR) X2
2. ROUNDHOUSE KICK – JUMPING DOUBLE ROUNDHOUSE KICK – JUMPING BACK KICK – TURN AROUND (SIR) X2

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

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

**BREAKING TECHNIQUE:** JUMPING BACK KICK

**FORM:** TAE GUK 3 (SAM) JANG

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

1. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – LEFT DOWN BLOCK
2. RIGHT FRONT SNAP KICK – RIGHT FRONT STANCE – DOUBLE PUNCH
3. TURN RIGHT 180 DEGREES – RIGHT WALKING STANCE – RIGHT DOWN BLOCK
4. LEFT FRONT SNAP KICK – LEFT FRONT STANCE – DOUBLE PUNCH
5. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – RIGHT NECK CHOP
6. STEP FORWARD – RIGHT WALKING STANCE – LEFT NECK CHOP
7. TURN LEFT 90 DEGREES – LEFT BACK STANCE – LEFT SINGLE KNIFE HAND BLOCK – LEFT FRONT STANCE – RIGHT PUNCH
8. TURN RIGHT 180 DEGREES – RIGHT BACK STANCE – RIGHT SINGLE KNIFE HAND BLOCK – RIGHT FRONT STANCE – LEFT PUNCH
9. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – RIGHT INNER WRIST BLOCK
10. STEP FORWARD – RIGHT WALKING STANCE – LEFT INNER WRIST BLOCK
11. TURN LEFT 270 DEGREES – LEFT WALKING STANCE – LEFT DOWN BLOCK
12. RIGHT FRONT SNAP KICK – RIGHT FRONT STANCE – DOUBLE PUNCH
13. TURN RIGHT 180 DEGREES – RIGHT WALKING STANCE – RIGHT DOWN BLOCK
14. LEFT FRONT SNAP KICK – LEFT FRONT STANCE – DOUBLE PUNCH
15. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – LEFT DOWN BLOCK – RIGHT PUNCH
16. STEP FORWARD – RIGHT WALKING STANCE – RIGHT DOWN BLOCK – LEFT PUNCH
17. LEFT FRONT SNAP KICK – LEFT WALKING STANCE – LEFT DOWN BLOCK – RIGHT PUNCH
18. RIGHT FRONT SNAP KICK – RIGHT WALKING STANCE – RIGHT DOWN BLOCK – LEFT PUNCH – ‘KI HAP’ SAY AYA!
19. FINISH – RETURN TO READY STANCE

## \*BLACK TAPE STUDY GUIDE

### TERMINOLOGY:

1. HORSEBACK RIDING STANCE – *JOO CHOOM SEO GI*
2. NECK CHOP – *MOK CHEE GI*
3. SINGLE KNIFE HAND BLOCK – *HAN SON PAL MOM TONG MAK KI*

### GENERAL QUESTIONS AND KNOWLEDGE:

1. WHY DO WE PRACTICE BREAKING BOARDS?
  - A. *WE PRACTICE BREAKING TO DEVELOP POWER, PRECISION, CONCENTRATION, AND TO ACTUALLY TEST THE EFFECTIVENESS OF VARIOUS TECHNIQUES.*

### PHILOSOPHY OF DYNAMIC TAEKWONDO'S BELT SYSTEM:

DYNAMIC TAEKWONDO TAEKWONDO BELT SYSTEM, PROGRESS FROM WHITE TO BLACK BELT, REPRESENTS THE WAY OF LIFE AND NATURE. EACH COLOR STANDS FOR A SPECIFIC STAGE OF ACHIEVEMENT. WE REALIZE THE ESSENTIAL CONCEPT OF ORIENTAL PHILOSOPHY THAT WHAT IS BORN MUST GROW, REACH MATURITY, DIE, AND LEAVE BEHIND THE SEEDS OR LIFE OF A NEW BIRTH.

- **WHITE & WHITE STRIPE BELT** – BEGINNING STAGE, PURITY, INNOCENCE, NO KNOWLEDGE OF TAEKWONDO YET.
- **YELLOW & YELLOW STRIPE BELT** – ENERGY AND BRIGHTNESS, AS FROM THE SUN, AND MATURATION AS IN THE YELLOWING OF GRAIN.
- **GREEN & GREEN STRIPE BELT** – REPRESENTS NEW GROWTH, WHICH APPEARS IN SPRING. TECHNIQUES BEGIN TO FORM IN THIS STAGE.
- **BLUE & BLUE STRIPE BELT** – REPRESENTS THE SKY, CONTINUED UPWARD ATTAINMENT. THE STAGE WHERE ONE TO STABILIZE BOTH MENTALLY AND PHYSICALLY.
- **BROWN & BROWN STRIPE BELT** – POWER, STABILITY, AGILITY, WEIGHT, AND WISDOM. YOUR TAEKWONDO SPIRIT IS FIRM AS GROUND EARTH.
- **RED BELT** – BLOOD, LIFE, ENERGY, ATTENTION, PASSION, AND CONTROL. MATURITY, RESPECT, AND PERFECTION OF CHARACTER START TO REFLECT.
- **BLACK BELT** – THE COMBINATION OF ALL COLORS, MASTERY, CALMNESS, DIGNITY, AND SINCERITY. FINAL STAGE OF ONE'S LIFE CYCLE AND THE BEGINNING OF THE NEXT.