

BROWN 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 7 (CHIL) 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:

ELBOW BLOCK – PUNCH – FLYING PUNCH – FLYING BACK KICK – TURN AROUND (SAY SIR) X2

HAND TECHNIQUES:

1. TIGER STANCE – PALM BLOCK – BACK FIST X3 (TURN AROUND)
2. FRONT STANCE – DOUBLE SCISSOR BLOCK X3 (TURN AROUND)

KICKING COMBINATION:

1. ROUNDHOUSE KICK – FLYING BACK KICK – TURN AROUND (SIR) X2
2. ROUNDHOUSE KICK – SPINNING ROUNDHOUSE KICK – 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: FLYING BACK KICK

FORM: TAE GUK 7 (CHIL) JANG

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

1. TURN LEFT 90 DEGREES – LEFT TIGER STANCE – RIGHT PALM BLOCK
2. RIGHT FRONT SNAP KICK – LEFT TIGER STANCE – LEFT INNER WRIST BLOCK
3. TURN RIGHT 180 DEGREES – RIGHT TIGER STANCE – LEFT PALM BLOCK
4. LEFT FRONT SNAP KICK – RIGHT TIGER STANCE – RIGHT INNER WRIST BLOCK
5. TURN LEFT 90 DEGREES – LEFT BACK STANCE – LEFT LOW DOUBLE KNIFE BLOCK
6. STEP FORWARD- RIGHT BACK STANCE – RIGHT LOW DOUBLE KNIFE BLOCK
7. TURN LEFT 90 DEGREES – LEFT TIGER STANCE – RIGHT PALM MIDDLE BLOCK – RIGHT BACK FIST
8. TURN RIGHT 180 DEGREES – RIGHT TIGER STANCE – LEFT PALM MIDDLE BLOCK – LEFT BACK FIST
9. TURN LEFT 90 DEGREES – FEET TOGETHER STANDING STANCE – RIGHT FIST IN LEFT PALM FROM DOWN TO CENTER OF CHEST
10. STEP FORWARD – LEFT FRONT STANCE – LEFT SCISSOR BLOCK
11. STEP FORWARD – RIGHT FRONT STANCE – RIGHT SCISSOR BLOCK
12. TURN LEFT 270 DEGREES – LEFT FRONT STANCE – LEFT DOUBLE SPREAD BLOCK – HEAD LEVEL GRAB, RIGHT KNEE STRIKE – LEAP FORWARD – LEFT CROSS STANCE – DOUBLE UPPER CUT TO STOMACH – LEFT FRONT STANCE – LEFT LOW X-HAND BLOCK
13. TURN RIGHT 180 DEGREES – RIGHT FRONT STANCE – RIGHT DOUBLE SPREAD BLOCK – HEAD LEVEL GRAB, LEFT KNEE STRIKE – LEAP FORWARD – RIGHT CROSS STANCE – DOUBLE UPPER CUT – RIGHT FRONT STANCE – RIGHT LOW X-HAND BLOCK
14. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – LEFT BACK FIST
15. RIGHT OUT-TO-IN KICK (INTO LEFT OPEN PALM) – RIGHT HORSEBACK RIDING STANCE – RIGHT ELBOW (INTO LEFT OPEN PALM)
16. SLIDE INTO RIGHT WALKING STANCE – RIGHT BACK FIST
17. LEFT OUT-TO-IN KICK (INTO RIGHT OPEN PALM) – LEFT HORSEBACK RIDING STANCE – LEFT ELBOW (INTO RIGHT OPEN PALM) – LEFT KNIFE BLOCK
18. STEP FORWARD – RIGHT HORSEBACK RIDING STANCE – RIGHT SIDE MIDDLE PUNCH – ‘KI HAP’ SAY AYA!
19. FINISH – RETURN TO READY STANCE

FRONT ROLLING:

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. TIGER STANCE – *BOUM SEO GI*
2. SCISSOR BLOCK – *KA WI MAK GI*

GENERAL QUESTIONS AND KNOWLEDGE:

1. WHAT ARE THE 5 TENETS OF TAEKWONDO?
 - A. **COURTESY*
**INTEGRITY*
**PERSEVERANCE*
**SELF-CONTROL*
**INDOMITABLE SPIRIT*
2. WHAT IS A WINNER?
 - A. *A PERSON WITH A POSITIVE PERSONALITY.*