

BLUE 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 5 (OH) 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:

PUSH KICK – JAB – PUNCH – ROUNDHOUSE KICK – TORNADO KICK – TURN AROUND (SAY SIR) X2

HAND TECHNIQUES:

1. FRONT STANCE – DOWN BLOCK – LEFT WALKING STANCE – HAMMER FIST X3 (TURN AROUND)
2. BACK STANCE – SINGLE KNIFE HAND BLOCK – STEP FORWARD – FRONT STANCE – ELBOW STRIKE X3 (TURN AROUND)

KICKING COMBINATION:

1. FAKE DOUBLE ROUNDHOUSE KICK – ROUNDHOUSE KICK – TORNADO KICK – TURN AROUND (SIR) X2
2. SKIP DOUBLE ROUNDHOUSE KICK – ROUNDHOUSE KICK – TORNADO KICK – TURN AROUND (SIR) X2

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

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

BREAKING TECHNIQUE: TORNADO KICK

FORM: TAE GUK 5 (OH) JANG

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

1. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT DOWN BLOCK
2. RETURN TO LEFT WALKING STANCE – LEFT HAMMER FIST
3. TURN RIGHT 180 DEGREES – RIGHT FRONT STANCE – RIGHT DOWN BLOCK
4. RETURN TO RIGHT WALKING STANCE – RIGHT HAMMER FIST
5. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT INNER WRIST BLOCK – RIGHT INNER WRIST BLOCK
6. RIGHT FRONT SNAP KICK – RIGHT FRONT STANCE – RIGHT BACK FIST – LEFT INNER WRIST BLOCK
7. LEFT FRONT SNAP KICK – LEFT FRONT STANCE – LEFT BACK FIST – RIGHT INNER WRIST BLOCK
8. STEP FORWARD – RIGHT FRONT STANCE – RIGHT BACK FIST
9. TURN LEFT 270 DEGREES – LEFT BACK STANCE – LEFT SINGLE KNIFE HAND BLOCK
10. STEP FORWARD – RIGHT FRONT STANCE – RIGHT ELBOW STRIKE
11. TURN RIGHT 180 DEGREES – RIGHT BACK STANCE – RIGHT SINGLE KNIFE HAND BLOCK
12. STEP FORWARD – LEFT FRONT STANCE – LEFT ELBOW STRIKE
13. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT DOWN BLOCK – RIGHT INNER WRIST BLOCK
14. RIGHT FRONT SNAP KICK – RIGHT FRONT STANCE – RIGHT DOWN BLOCK – LEFT INNER WRIST BLOCK
15. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT HIGH BLOCK
16. RIGHT SIDE KICK (RIGHT HAND PUNCH TOGETHER) – RIGHT FRONT STANCE – LEFT ELBOW STRIKE (HITTING OPEN RIGHT PALM)
17. TURN RIGHT 180 DEGREES – RIGHT FRONT STANCE – RIGHT HIGH BLOCK
18. LEFT SIDE KICK (LEFT HAND PUNCH TOGETHER) – LEFT FRONT STANCE- RIGHT ELBOW STRIKE (HITTING OPEN LEFT PALM)
19. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT DOWN BLOCK – RIGHT INNER WRIST BLOCK

20. RIGHT FRONT SNAP KICK – HOP FORWARD – RIGHT CROSS STANCE – RIGHT BACK FIST – ‘KI HAP’ SAY AYA!
21. FINISH – RETURN TO READY STANCE

FRONT FALLING:

1. FROM A STANDING POSITION, SQUAT DOWN AS IF YOU ARE ABOUT TO KNEEL. THIS IS PRIMARILY FOR SAFETY REASONS FOR THE BEGINNER AND FOR PRACTICE. IN THE EVENT THAT YOU ACTUALLY FALL FORWARD, YOU MAY NOT HAVE THE TIME TO LOWER YOURSELF TO THE GROUND PRIOR TO IMPACT.
2. LEAN YOUR BODYWEIGHT FORWARD AND TUCK YOUR ELBOWS INTO YOUR SIDES. FOLD YOUR ARMS UPWARD, PALMS FACING THE FLOOR
3. CONTACT THE FLOOR WITH YOUR PALMS, FOREARMS AND BALLS OF YOUR FEET. LOOK FORWARD; DO NOT TUCK YOUR CHIN. TUCKING YOUR CHIN COULD RESULT IN YOUR FOREHEAD SMASHING INTO THE SURFACE IF SOMETHING GOES WRONG. YOU REMAIN ON THE BALLS OF YOUR FEET TO KEEP YOUR KNEES FROM COLLIDING WITH THE GROUND. THIS WILL ALSO KEEP YOUR CHEST AND STOMACH FROM IMPACTING THE GROUND. BASICALLY, THE GOAL IS TO KEEP ANY VITAL BODY PARTS FROM DIRECTLY COLLIDING WITH THE SURFACE.

BACK FALLING:

1. STAND UP STRAIGHT WITH YOUR FEET SLIGHTLY APART IN A COMFORTABLE STANDING POSITION. HOLD YOUR HANDS OUT STRAIGHT IN FRONT OF YOU SO THAT YOUR ARMS ARE PARALLEL TO THE FLOOR.
2. BEND YOUR KNEES SO THAT YOU CAN LOWER YOUR BODY STRAIGHT DOWN INTO A CROUCHING POSITION. YOUR BODY SHOULD STILL BE UPRIGHT AND YOUR HANDS IN FRONT OF YOU.
3. ROLL BACKWARDS AND CURVE YOUR BACK SLIGHTLY TO ALLOW YOUR BODY TO ROLL MORE COMFORTABLY AND KEEP FROM HITTING THE GROUND FLAT ON YOUR BACK.
4. BRING YOUR ARMS DOWN BY YOUR SIDES AND SLAP THE GROUND HARD BEFORE YOU BEGIN TO ROLL UP ONTO YOUR NECK OR COMPLETE A FULL BACK ROLL. YOUR NECK AND HEAD SHOULD NEVER TOUCH THE MAT BECAUSE YOUR HANDS SHOULD STOP YOUR MOTION.

*BLACK TAPE STUDY GUIDE

TERMINOLOGY:

1. SINGLE KNIFE HAND BLOCK – *HAN SON PAL MAK GI*
2. HAMMER FIST – *MEH JU MEOK PAE RYO CHI GI*
3. ELBOW STRIKE – *PAL KOOMP CHI DOLL YUH CHI GI*

GENERAL QUESTIONS AND KNOWLEDGE:

1. WHAT PART OF THE FOOT DO YOU USE FOR THESE KICKING TECHNIQUES?

- A. ** FRONT KICK – BALL OF FOOT OR INSTEP*
**ROUNDHOUSE KICK – INSTEP*
**SIDE/BACK KICK – SIDE OF FOOT / HEEL*
**AX KICK – HEEL OR BOTTOM OF FOOT*
**HOOK – BOTTOM OF FOOT*
**IN OUT/OUT IN KICK – SIDE OF FOOT OR HEEL*

2. HOW DO YOU SAY GOOD BYE IN KOREAN?

- A. **TO SOMEONE STAYING – AHN NYUNG HEE KAE SAE YO*
**TO SOMEONE LEAVING – AHN NYUNG HEE GA SAE YO*

STUDENT PLEDGE:

I DO HEREBY PLEDGE TO ABIDE BY THE FOLLOWING TEN RULES GOVERNING MY MEMBERSHIP:

1. I UNDERSTAND THAT THE MARTIAL ARTS PROGRAM STRIVES TOWARD THE IMPROVEMENT OF THE WHOLE PERSON. THEREFORE, IT INSISTS ON THE CONSTANT INTERACTION BETWEEN THE SPIRITUAL AND PHYSICAL. I WILL EMULATE THE HIGH IDEALS OF ALL ANCIENT CULTURES SUCH AS TOLERANCE, NON-VIOLENCE, RESPECT FOR MY PEERS, DEDICATION TO DUTY, AND HONOR TO MY SUPERIORS.
2. I SHALL MAINTAIN A GOOD RELATIONSHIP WITH MY SCHOOL. I WILL BE LOYAL TO THE SPIRIT OF MARTIAL ARTS AS WELL AS TO THOSE WHO ARE INSPIRED BY THE MARTIAL ART SPIRIT. SINCE I HAVE CHOSEN TO BECOME A STUDENT OF MARTIAL ARTS, I AM OBLIGED TO BE LOYAL TO ITS SPIRIT.
3. I WILL NOT CRITICIZE OTHER STUDENTS AN UNWRITTEN RULE OF MARTIAL ARTS REQUIRES THAT STUDENTS ONLY SPEAK WELL OF OTHER STUDENTS.
4. I SHALL BE EXTREMELY CAUTIOUS ABOUT MAKING PROMISES, BUT I SHALL KEEP THE ONES I DO MAKE.
5. I SHALL BE PUNCTUAL FOR CLASS.
6. I SHALL REACT IN A MATURE MANNER TO EVERY EVENT, REGARDLESS IF IT IS FAVORABLE, FRUSTRATING, OR DISASTROUS, AS I REPRESENT THE SCHOOL.
7. I WILL ACT ALWAYS WITH MY PURPOSE BEFORE ME. I WILL ACT WITH SINCERITY AND FORTHRIGHTNESS.
8. I WILL ENDEAVOR TO OVERCOME MY SHYNESS I MIGHT FEEL IN FRONT OF AN AUDIENCE. IN THIS EFFORT, I WILL ASSIST MY INSTRUCTORS IN TEACHING BEGINNING STUDENTS WHENEVER POSSIBLE.
9. I WILL NOT HESITATE TO TAKE NECESSARY RISKS IN ORDER TO DEVELOP INTO AN IDEAL MARTIAL ARTIST.
10. I WILL ENDEAVOR TO FINISH WHAT I HAVE STARTED, TO REACH MY GOAL, AND SET NEW ONES.