

Brown Belt Curriculum

Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Respectful attitude (Yes Sir, Yes Ma'am)
- Clean and correctly worn uniform

Yellow Tape

- Self Defense Techniques: #1, #2
- One Step Sparring: #1 ~ #3
- Practice Breaking Technique: Flying Back Kick
- Black Belt Philosophy: "Concentration"

Green Tape

- Tae Geuk Chil Jang
- Basic Rolling/Front Rolling (Right,Left)

Black Tape

- Review & pre-test all of 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: Elbow block - Punch - Flying Punch - Flying Back kick - Turnaround (say Sir) X2

HAND TECHNIQUES:

1. Tiger Stance - Palm Block, Back Fist X3 (Turnaround)
2. Front Stance - Double Scissor Block X3 (Turnaround)

KICKING TECHNIQUES:

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

SELF-DEFENSE (ho sin sool): #1 Hug waist from behind, #2 Hug waist from behind (see video below)

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

BREAKING TECHNIQUE: Flying Back Kick

FORM:Tae Guek Chil Jang

Start - All forms begin from a ready stance

1. Turn left 90 degrees - left tiger stance - right palm block
2. Right front snap kick - left tiger stance - left out-to-in middle block
3. Turn right 180 degrees - right tiger stance - left palm block
4. Left front snap kick - right tiger stance - right out-to-in middle 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 - left palm middle block - right back fist
8. Turn right 180 degrees - right tiger stance - right palm middle block - left back fist
9. Turn left 90 degrees - standing stance - right fist in left palm 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 - 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 horse 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 horse stance - left elbow (into right open palm) - left knife block
18. Step forward - right horse stance - right side middle punch - !!Kiyup!!
19. 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 his 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.

TERMINOLOGY:

1. Tiger stance - Boum seo gi
2. Scissor block - Ka wi mak ki

GENERAL QUESTIONS AND KNOWLEDGE:

1. What are the 5 tenets of Taekwondo?
 - Courtesy
 - Integrity
 - Perseverance
 - Self control
 - Indomitable spirit
2. What is a winner?
 - A person with a positive personality