

BLUE 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 6 (YOOK) 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 – JAB – PUNCH – DUCK – HOOK – FLYING KNEE KICK – FLYING KNEE KICK – TURN AROUND (SAY SIR) X2

HAND TECHNIQUES:

1. FRONT STANCE – HIGH KNIFE BLOCK X3 (TURN AROUND)
2. FRONT STANCE – HIGH OUTER WRIST BLOCK – PUNCH X3 (TURN AROUND)

KICKING COMBINATION:

1. JUMPING FRONT KICK – JUMPING ROUNDHOUSE KICK – JUMPING SIDE KICK – TURN AROUND (SIR) X2
2. JUMPING FRONT KICK – JUMPING ROUNDHOUSE KICK – JUMPING BACK 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: FLYING SIDE KICK

FORM: TAE GUK 6 (YOOK) JANG

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

1. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT DOWN BLOCK
2. RIGHT FRONT SNAP KICK – LEFT BACK STANCE – LEFT IN-TO-OUT OUTER WRIST BLOCK
3. TURN RIGHT 180 DEGREES – RIGHT FRONT STANCE – RIGHT DOWN BLOCK
4. LEFT FRONT SNAP KICK – RIGHT BACK STANCE – RIGHT IN-TO-OUT OUTER WRIST BLOCK
5. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – RIGHT HIGH KNIFE BLOCK
6. HIGH RIGHT ROUNDHOUSE KICK – TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT IN-TO-OUT HIGH OUTER WRIST BLOCK – RIGHT MIDDLE PUNCH
7. RIGHT FRONT SNAP KICK – RIGHT FRONT STANCE – LEFT MIDDLE PUNCH
8. TURN RIGHT 180 DEGREES – RIGHT FRONT STANCE – RIGHT IN-TO-OUT HIGH OUTER WRIST BLOCK – LEFT MIDDLE PUNCH
9. LEFT FRONT SNAP KICK – LEFT FRONT STANCE – RIGHT MIDDLE PUNCH
10. TURN LEFT 90 DEGREES – STANDING STANCE – X-HAND LOW BLOCK
11. RIGHT FRONT STANCE – LEFT HIGH KNIFE BLOCK
12. HIGH LEFT ROUNDHOUSE KICK – ‘KI HAP’ SAY AYA! – TURN RIGHT 270 DEGREES – RIGHT FRONT STANCE – RIGHT DOWN BLOCK
13. LEFT FRONT SNAP KICK – RIGHT BACK STANCE – RIGHT IN-TO-OUT OUTER WRIST BLOCK
14. TURN LEFT 180 DEGREES – LEFT FRONT STANCE – LEFT DOWN BLOCK
15. RIGHT FRONT SNAP KICK – LEFT BACK STANCE – LEFT IN-TO-OUT OUTER WRIST BLOCK
16. TURN LEFT 90 DEGREES – LEFT BACK STANCE – LEFT DOUBLE KNIFE BLOCK
17. STEP BACK – RIGHT BACK STANCE – RIGHT DOUBLE KNIFE BLOCK
18. STEP BACK – LEFT FRONT STANCE – LEFT PALM BLOCK – RIGHT MIDDLE PUNCH
19. STEP BACK – RIGHT FRONT STANCE – RIGHT PALM BLOCK – LEFT MIDDLE PUNCH
20. FINISH – BRING YOUR RIGHT FOOT BACK RETURN TO READY STANCE

SIDE FALLING:

1. FROM A STANDING POSITION, BEGIN TO SQUAT. LOWER YOURSELF TO THE GROUND, AS THE CLOSER TO THE GROUND YOU ARE, THE LESS SEVERE THE IMPACT WILL BE. TUCK YOUR CHIN INTO YOUR CHEST. KEEPING YOUR CHIN TIGHTLY TUCKED WILL PREVENT IT FROM HITTING THE GROUND, WHICH MAY CAUSE INJURY, SUCH AS A CONCUSSION OR UNCONSCIOUSNESS.
2. LIFT YOUR LEFT LEG OFF OF THE FLOOR AND CONTINUE TO LOWER YOURSELF TO THE GROUND, TURNING YOUR BODY TOWARD THE LEFT SIDE. BRING YOUR LEFT ARM ACROSS THE RIGHT SIDE OF YOUR BODY.
3. ONCE YOU ARE AS LOW AS YOU CAN POSSIBLY GO WHILE STILL RETAINING CONTROL OF YOUR MOMENTUM, FALL ONTO THE SIDE OF YOUR LEFT THIGH AND SLAP THE MAT WITH LEFT ARM. YOUR ARM SHOULD NOT BE DIRECTLY OUT TO THE SIDE, NOR SHOULD IT BE RIGHT NEXT TO YOUR BODY. MAKE SURE YOUR ARM IS AT A 45-DEGREE ANGLE FROM YOUR BODY.

*BLACK TAPE STUDY GUIDE

TERMINOLOGY:

1. KOREAN NUMBER 41-50: MAHUN HANA, MAHUN DUL, MAHUN SET, MAHUN NET, MAHUN DA SEOT, MAHUN YEO SEOT, MAHUN IL GHOP, MAHUN YEO DEOL, MAHUN AH HOP, SHEEN
2. HIGH KNIFE BLOCK – HAN SON PAL OL GUL BIT ULEO MAK GI
3. PALM HEEL – BA TANG SON MOM TONG MAK GI

GENERAL QUESTIONS AND KNOWLEDGE:

1. WHY DO WE PRACTICE “ONE-STEP-SPARRING”?
 - A. WE PRACTICE “ONE STEP SPARRING” TO DEVELOP EFFECTIVE OFFENSE AND DEFENSE, CONTROL OF DISTANCE, PRECISION, SPEED, AND REACTION TIME
2. WHY DO WE MEDITATE?
 - A. WE MEDITATE TO DEVELOP SPIRITUAL ENERGY. IT HELPS US TO ACHIEVE DEEPER INSIGHT, GREATER AWARENESS, AND A FEELING OF CALM AND RELAXATION.