

GREEN 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 4 (SA) 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:

SKIP JAB – PUNCH – HOOK – TURN – BACK FIST – ROUND HOUSE KICK – BACK HOOK KICK – TURN AROUND (SAY SIR) X2

HAND TECHNIQUES:

1. FRONT STANCE – SWALLOW FORM NECK CHOP X3 (TURN AROUND)
2. BACK STANCE – OUTER WRIST BLOCK X3 (TURN AROUND)

KICKING COMBINATION:

1. SKIP AX KICK – WALKING BACK HOOK KICK – TURN AROUND (SIR) X2
2. SKIP ROUND HOUSE KICK – JUMPING DOUBLE ROUND HOUSE KICK – BACK HOOK 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: BACK HOOK KICK

FORM: TAE GUK 4 (SA) JANG

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

1. TURN LEFT 90 DEGREES – LEFT BACK STANCE – LEFT DOUBLE KNIFE BLOCK
2. STEP FORWARD – RIGHT FRONT STANCE – RIGHT SPEAR FINGER STRIKE
3. TURN RIGHT 180 DEGREES – RIGHT BACK STANCE – RIGHT DOUBLE KNIFE HAND BLOCK
4. STEP FORWARD – LEFT FRONT STANCE – LEFT SPEAR FINGER STRIKE
5. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – SWALLOW FORM NECK CHOP
6. RIGHT FRONT SNAP KICK – RIGHT FRONT STANCE – LEFT MIDDLE PUNCH
7. LEFT SIDE KICK – RIGHT SIDE KICK – RIGHT BACK STANCE – RIGHT DOUBLE KNIFE BLOCK
8. TURN LEFT 270 DEGREES – LEFT BACK STANCE – LEFT IN-TO-OUT OUTER WRIST BLOCK
9. RIGHT FRONT SNAP KICK – LEFT BACK STANCE – RIGHT OUT-TO-IN INNER WRIST BLOCK
10. TURN RIGHT 180 DEGREES – RIGHT BACK STANCE – RIGHT IN-TO-OUT OUTER WRIST BLOCK
11. LEFT FRONT SNAP KICK – RIGHT BACK STANCE – LEFT OUT-TO-IN INNER WRIST BLOCK
12. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – SWALLOW FORM NECK CHOP
13. RIGHT FRONT SNAP KICK – RIGHT FRONT STANCE – RIGHT BACK FIST
14. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – LEFT INNER WRIST BLOCK – RIGHT MIDDLE PUNCH
15. TURN RIGHT 180 DEGREES – RIGHT WALKING STANCE – RIGHT INNER WRIST BLOCK – LEFT MIDDLE PUNCH
16. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT INNER WRIST BLOCK – DOUBLE PUNCH
17. STEP FORWARD – RIGHT FRONT STANCE – RIGHT INNER WRIST BLOCK – DOUBLE PUNCH – ‘KI HAP’ SAY AYA!
18. FINISH – RETURN TO READY STANCE

*BLACK TAPE STUDY GUIDE

TERMINOLOGY:

1. KOREAN NUMBER 31 – 40: *SOH RUN HANA, SOH RUN DUL, SOH RUN SET, SOH RUN NET, SOH RUN DA SEOT, SOH RUN YEO SEOT, SOH RUN IL GHOP, SOH RUN YEO DEOL, SOH RUN AH HOP, MA HOON*
2. SWALLOW FORM *PECK CHOP – JAE BI POOM MOK CHI KI*
3. OUTER WRIST BLOCK – *BA GOT PAL MOK MOM TONG MAK GI*
4. BACK HOOK KICK – *DWIT WHO RUH CHA GI*

GENERAL QUESTIONS AND KNOWLEDGE:

1. WHY IS STRETCHING IMPORTANT AND NECESSARY FOR TAEKWONDO?
 - A. *STRETCHING EXERCISES ARE NECESSARY BECAUSE OF FLEXIBILITY, THE RESULT OF STRETCHING, PROMOTES YOUTHFUL AGILITY AND A SENSE OF WELL BEING. IN TAEKWONDO, FLEXIBILITY ALLOWS GREATER SPEED IN EXECUTION OF TECHNIQUES AND GREATER RANGE OF POSSIBLE TARGETS ON AN OPPONENT.*

PHILOSOPHY OF TRUE SPARRING:

THE PURPOSE OF SPARRING IS TO HELP STUDENTS PRACTICE THEIR TECHNIQUES IN A CONTROLLED ENVIRONMENT AND TO DEVELOP BALANCE, TIMING, AND SPEED OF YOUR TECHNIQUES. SPARRING IS NOT A TIME TO DEMONSTRATE PHYSICAL PROWESS. INTENSE FOCUS IS REQUIRED TO PREVENT INJURIES, AS WELL AS, ABSOLUTE CONTROL BY BOTH PLAYERS. TAEKWONDO TAKES TIME TO LEARN AND APPLY ITS TECHNIQUES. LACK OF FOCUS DURING SPARRING CAN CAUSE SEVERE INJURIES. INJURIES INDICATE A LACK OF CONTROL AND FOCUS BY BOTH PLAYERS. SPARRING IS FAST ACTION-FILLED GAME. PROTECTIVE GEAR MUST BE WORN AND THE OBJECT IS TO SCORE POINTS BY “TOUCHING” CERTAIN DESIGNATED SCORING AREAS. WHILE IT DOES TEACH CERTAIN ASPECTS OF SELF-DEFENSE AND FIGHTING, IT MUST BE REMEMBERED THAT IT IS NOT TRULY A ‘FIGHT’ BECAUSE THERE ARE RULES AND REGULATIONS IMPOSED ON PARTICIPANTS TO KEEP IT SAFE AND FUN. IT IS A GAME OF THE MIND, AS WELL AS BODY. STRATEGY IS AN IMPORTANT PART. SPARRING REQUIRES YOU TO THINK THREE OR FOUR TECHNIQUES IN ADVANCE AND THUS IT BECOMES COMPARABLE TO A LIGHTNING FAST CHESS GAME OF THE BODY AND MIND.

SPARRING DEVELOPS SPIRIT. YOU MUST LEARN TO CONQUER YOUR OWN FEARS AND DOUBTS AND DEVELOP CONFIDENCE IN YOUR TECHNIQUE IF YOU ARE GOING TO WIN. FOR MOST PEOPLE, SPARRING IS ONE OF THE MOST EXCITING PARTS OF TAEKWONDO AND DEFINITELY ONE OF THE MOST EXCITING SPORTS THEY WILL EVER PLAY. CONTACT SPARRING IS NOT ALLOWED DURING THE EARLY PART OF YOUR TRAINING. IT IS IMPORTANT THAT THE BASIC PUNCHING, KICKING, BLOCKING, FOOT WORK, BLOCK AND COUNTER MOVEMENTS ARE CAREFULLY DEVELOPED FIRST. PROGRESS IN THIS AREA

PROMOTES SELF-CONFIDENCE AND STRONG CONVICTION THAT YOU CAN HANDLE YOURSELF WELL. THEREFORE, DO NOT BE IN A HURRY TO SPAR.

ALWAYS PRACTICE GOOD SPORTSMANSHIP AND CONSIDERATION FOR YOUR FELLOW CLASSMATES. REMEMBER, WE ARE BUILDING GOOD FELLOWSHIP, GOOD CHARACTER, AND A HIGH SENSE OF DYNAMIC TAEKWONDO SPIRIT. COMPLETE PROTECTIVE EQUIPMENT SHOULD ALWAYS BE WORN IN CLASS WHEN SPARRING. THIS EQUIPMENT WILL HELP REDUCE PROBLEMS FROM INADVERTENT CONTACT. IT IS IMPORTANT THAT YOUR PRACTICE CONTROL AT ALL TIMES AND THAT ALL CLASSROOM RULES ARE FOLLOWED CAREFULLY.