

YELLOW 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 1 (IL) 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 – DUCK – HOOK – DUCK – HOOK – ROUNDHOUSE KICK – BACK KICK – TURN AROUND (SAY SIR) X2

HAND TECHNIQUES:

1. FRONT STANCE – INNER WRIST BLOCK X3 (TURN AROUND)
2. BACK STANCE – SINGLE KNIFE HAND BLOCK X3 (TURN AROUND)

KICKING COMBINATION:

1. FRONT KICK – ROUNDHOUSE KICK – BACK KICK – TURN AROUND (SIR) X2
2. SKIP SIDE KICK – ROUNDHOUSE KICK – BACK 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 KICK

FORM: TAE GUK 1 (IL) JANG

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

1. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – LEFT DOWN BLOCK
2. STEP FORWARD – RIGHT WALKING STANCE – RIGHT MIDDLE PUNCH
3. TURN RIGHT 180 DEGREES – RIGHT WALKING STANCE – RIGHT DOWN BLOCK
4. STEP FORWARD – LEFT WALKING STANCE – LEFT MIDDLE PUNCH
5. TURN LEFT 90 DEGREES – LEFT FRONT STANCE – LEFT DOWN BLOCK – RIGHT MIDDLE PUNCH
6. TURN RIGHT 90 DEGREES – RIGHT WALKING STANCE – LEFT MIDDLE BLOCK
7. STEP FORWARD – LEFT WALKING STANCE – RIGHT MIDDLE PUNCH
8. TURN LEFT 180 DEGREES – LEFT WALKING STANCE – RIGHT MIDDLE BLOCK
9. STEP FORWARD – RIGHT WALKING STANCE – LEFT MIDDLE PUNCH
10. TURN RIGHT 90 DEGREES – RIGHT FRONT STANCE – RIGHT DOWN BLOCK – LEFT MIDDLE PUNCH
11. TURN LEFT 90 DEGREES – LEFT WALKING STANCE – LEFT HIGH BLOCK
12. RIGHT FRONT SNAP KICK – RIGHT WALKING STANCE – RIGHT MIDDLE PUNCH
13. TURN RIGHT 180 DEGREES – RIGHT WALKING STANCE – RIGHT HIGH BLOCK
14. LEFT FRONT SNAP KICK – LEFT WALKING STANCE – LEFT MIDDLE PUNCH
15. TURN RIGHT 90 DEGREES – LEFT FRONT STANCE – LEFT DOWN BLOCK
16. STEP FORWARD – RIGHT FRONT STANCE – RIGHT MIDDLE PUNCH – ‘KI HAP’ SAY AYA!
17. FINISH – RETURN TO READY STANCE

***BLACK TAPE STUDY GUIDE**

TERMINOLOGY:

1. KOREAN NUMBERS (11-20) : YEOL HANA, YEOL DUL, YEOL SET, YEOL NET, YEOL DA SEOT, YEOL YEO SEOT, YEOL IL GHOP, YEOL YEO DEOL, YEOL AH HOP, SU MUL
2. YELLING: GI HAP
3. SWITCH LEGS : BAL BA KWA
4. END (FINISH): GO MAN

GENERAL QUESTIONS AND KNOWLEDGE:

1. WHY DO YOU WEAR A WHITE UNIFORM?

A. I WEAR A WHITE UNIFORM TO PRESENT MYSELF AS A CLEAN PIECE OF PAPER FOR 'SA BUM NUN' TO WRITE HIS KNOWLEDGE ON; ONLY WHEN THERE IS NOT ANY MORE KNOWLEDGE THAT I CAN LEARN, WHEN EVERY INCH OF PAPER IS FILLED, COULD I WEAR A COLORED OR BLACK UNIFORM. SINCE NO ONE CAN HAVE PERFECT KNOWLEDGE, NO ONE CAN WEAR A COLORED UNIFORM.

2. WHAT BENEFITS HAVE YOU RECEIVED SINCE YOU HAVE STARTED STUDYING TAEKWONDO?

A. ANSWER ON YOUR OWN