

# Blue Stripe Belt Curriculum

## Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Clean and correctly worn uniform

## Yellow Tape

- Self defense techniques: #1, #2
- Two step sparring: #1 ~ #3
- Breaking technique: Jump Flying Side kick with obstacle
- Black belt philosophy - "Loyalty"

## Green Tape

- Tae Geuk Yook Jang
- Falling Skill - Left, Right

## Black Tape

- Review and pre-test all 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: Jab - Punch - Jab - Punch - Duck - Hook - Flying Knee Kick - Flying Knee Kick - Turnaround (say Sir) X2

### HAND TECHNIQUES:

1. Front Stance - High Knife Block X3 (Turnaround)
2. Front Stance - Outer Wrist Block + Punch X3 (Turnaround)

### KICKING TECHNIQUES:

1. Jumping Front Kick - Jumping Round House Kick - Jumping Side Kick - Turnaround (say Sir) X2
2. Jumping Front Kick - Jumping Round House Kick - Jumping Back Kick - Turnaround (say Sir) X2

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

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

BREAKING TECHNIQUE: Jump Flying Side Kick with Obstacle

FORM: Tae Guek Yook Jang

Start - All forms begin from a ready stance

1. Turn left 90 degrees - left front stance - left down block
2. Right front snap kick - left back stance - left in-to-out middle block
3. Turn right 180 degrees - right front stance - right down block
4. Left front snap kick - right back stance - right in-to-out middle 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 face level 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 face level 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. Left roundhouse kick - !!Kiyup!! - turn right 270 degrees - right front stance - right down block
13. Left front snap kick - right back stance - right in-to-out middle block
14. Turn left 180 degrees - left front stance - left down block
15. Right front snap kick - left back stance - left in-to-out middle block
16. Step back 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 front foot in - 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.

TERMINOLOGY:

1. High knife block- Han son nal ol gul bit uleo mak ki
2. Palm heel - Ba tang son mom tong mak ki
3. Korean number 41-50: Mahun hana, mahun dul, mahun set, marhun net, marhun da seot, mahun yeo seot, mahun il ghop, mahun yeo deol, mahun ah hop, shehn

#### GENERAL QUESTIONS AND KNOWLEDGE:

1. Why do we practice "one-step sparring"?
  - We practice "one step sparring" to develop effective offense and defense, control of distance, precision, speed, and reaction time.
2. Why do we meditate?
  - We meditate to develop spiritual energy. It helps us to achieve deeper insight, greater awareness, and a feeling of calm and relaxation