

# Blue 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
- Two Step Sparring: #1 ~ #3
- Practice Breaking Technique: Tornado Kick
- Black Belt Philosophy: "Leadership"

## Green Tape

- Tae Geuk Oh Jang
- Falling Skill (front, back)

## 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
- 3.

P.K. TRAINING: Push kick - Jab - Punch - Round house kick - Tornado kick - Turnaround (say Sir)  
X2

### HAND TECHNIQUES:

1. Front Stance - Down Block, Left (Right) Stance - Hammer Fist x3 (Turnaround)
2. Back Stance - Single Knife Hand Block, Front Stance - Elbow Strike X3 (Turnaround)

### KICKING TECHNIQUES:

1. Fake Double Round House Kick - Round House Kick - Tornado Kick - Turnaround (say Sir)  
X2
2. Skip Fake Double Round House Kick - Round House Kick - Tornado Kick - Turnaround (say Sir) X2

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

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

BREAKING TECHNIQUE: Tornado Kick

FORM:Tae Guek Oh Jang

Start - All forms begin from a ready stance

1. Turn left 90 degrees - left front stance - left down block
2. Return to Left stance - left hammer fist
3. Turn right 90 degrees - right front stance - right down block
4. Return to Right stance - right hammer fist
5. Step forward - left front stance - left out-to-in middle block - right out-to-in middle block
6. Right front snap kick - right front stance - right back fist - left out-to-in middle block
7. Left front snap kick - left front stance - left back fist - right out-to-in middle block
8. Step forward - right front stance - right back fist
9. Turn left 270 degrees - left back stance - left knife block
10. Step forward - right front stance - right elbow strike
11. Turn right 180 degrees - right back stance - right knife block
12. Step forward - left front stance - left elbow strike
13. Turn left 90 degrees - left front stance - left down block - right out-to-in middle block
14. Right front snap kick - right front stance - right down block - left out-to-in middle block
15. Turn left 90 degrees - left front stance - left high block
16. Right side kick(right hand punch together) - right front stance - left elbow (hitting open right palm)
17. Turn right 180 degrees - right front stance - right high block
18. Left side kick(left hand punch together) - left front stance - right elbow (hitting open left palm)
19. Turn left 90 degrees - left front stance - left down block - right out-to-in middle block
20. Right front snap kick - hop forward - right cross stance - right back fist - !!Kiyup!!
21. Finish - Turn left 180 degrees - return to ready stance

FRONT FALLING:

1. From a standing position, squat down as if you are about to kneel. This is primarily for safety reasons for the beginner and for practice. In the event that you actually fall forward, you may not have the time to lower yourself to the ground prior to impact.
2. Lean your bodyweight forward and tuck your elbows into your sides. Fold your arms upward, palms facing the floor.
3. Contact the floor with your palms, forearms and balls of your feet. Look forward; do not tuck your chin. Tucking your chin could result in your forehead smashing into the surface if something goes wrong. You remain on the balls of your feet to keep your knees from colliding with the ground. This will also keep your chest and stomach from impacting the

ground. Basically, the goal is to keep any vital body parts from directly colliding with the surface.

#### BACK FALLING:

1. Stand up straight with your feet slightly apart in a comfortable standing position. Hold your hands out straight in front of you so that your arms are parallel to the floor.
2. Bend your knees so that you can lower your body straight down into a crouching position. Your body should still be upright and your hands in front of you.
3. Roll backwards and curve your back slightly to allow your body to roll more comfortably and keep from hitting the ground flat on your back.
4. Bring your arms down by your sides and slap the ground hard before you begin to roll up onto your neck or complete a full back roll. Your neck and head should never touch the mat because your hands should stop your motion.

#### TERMINOLOGY:

1. Single knife hand block - Han Son nal mak gi
2. Hammer fist - Men ju meok nae ryo chi gi
3. Elbow strike - Pal koomp chi doll yuh chi gi

#### GENERAL QUESTIONS AND KNOWLEDGE:

1. What part of the foot do you use for these kicking techniques?
  - Front kick - ball of foot or instep
  - Roundhouse kick - instep
  - Side/back kick - side of foot / heel
  - Ax kick - heel or bottom of foot
  - Hook - bottom of foot
  - In out / out in kick - side of foot or heel
2. How do you say goodbye in Korean?
  - To someone staying - ahn nyung hee kae sae yo
  - To someone going - ahn nyung hee ga sae yo

#### STUDENT PLEDGE:

I do hereby pledge to abide by the following ten rules governing my membership:

1. I understand that the martial arts program strives toward the improvement of the whole person. Therefore, it insists on the constant interaction between the spiritual and physical. I will emulate the high ideals of all ancient cultures such as tolerance, non-violence, respect for my peers, dedication to duty, and honor to my superiors.

2. I shall maintain a good rapport with my school. I will be loyal to the spirit of martial arts as well as to those who are inspired by the martial art spirit. Since I have chosen to become a student of martial arts, I am obliged to be loyal to its spirit.
3. I will not criticize other students an unwritten rule of martial arts requires that students only speak well of other students.
4. I shall be extremely cautious about making promises, but I shall keep the ones I do make.
5. I shall be punctual for class.
6. I shall react in a mature manner to every event, regardless if it is favorable, frustrating, or disastrous, as I represent the school.
7. I will act always with my purpose before me. I will act with sincerity and forthrightness.
8. I will endeavor to overcome my shyness I might feel in front of an audience. In this effort, I will assist my instructors in teaching beginning students whenever possible.
9. I will not hesitate to take necessary risks in order to develop into an ideal martial artist.
10. I will endeavor to finish what I have started, to reach my goal, and set new ones.