

BLUE BELT CURRICULUM

The color of the sky which growing things reach for. Physical and mental power starts to stabilize.

STRIPES	MEANING	CURRICULUM
RED	SPARRING	Attend 2 sparring classes in 3 months (see schedule for sparring class times) counter with 45 degree movement - block round kick - reverse punch
WHITE	SELF DEFENSE	Side head lock - 1) reach over 2) pull arm down to back arm bar
BLUE	FORMS	TAE GUK SA JANG & TAE GUK YUK JANG
BLACK	KICKS	BREAK - Back leg side kick slide up hook kick / back leg side kick / back leg round kick / inside&outside crescent kick
GOLD	PAD DRILL	Holding pads and performing the purple and green belts
GREEN	HOME HELP	Do each of your forms 4 times - 1 area of improvement at home
BROWN	Mixed Martial Art	GJJ class or a Fast Defense Seminar

TAE GUK YUK JANG

Tae Geuk Yuk Jang (6th form) represents the principle of water.

MOVEMENT	STANCE	TECHNIQUE
STEP LEFT - 90 degrees	FRONT STANCE	Low block KIHAP
Back leg front kick - return	Back stance	Outside block
turn R 180	FRONT STANCE	Low block
Back leg front kick - return	Back stance	Outside block
turn R 90	L front stance	Reverse outside knife hand block
R Round Kick	feet together	
Turn L 90	FRONT STANCE	outside block - R punch
Back leg front kick - step forward	FRONT STANCE	Reverse punch
turn R 180	FRONT STANCE	outside block - R punch
Back Leg front kick - step forward	FRONT STANCE	Reverse punch
turn L 90	ready position	twin low blocks - tension
step R forward	FRONT STANCE	Reverse outside knife hand block
Back Leg Round kick- turn R 180	feet together	Kihap
Turn R 90 - to complete 270 turn	FRONT STANCE	low block
Front kick - return	back stance	outside block
turn L 180	FRONT STANCE	Low block
front kick - return	back stance	outside block
Turn L - move R foot	back stance	knife hand guard
step back	back stance	knife hand guard
Step back	FRONT STANCE	inside palm - Reverse punch
Step back	FRONT STANCE	inside palm - Reverse punch
move left	joon Be	

PHRASES

Hello -	AnYeon (haseyo for older person)
Thank you -	Kamsa hamnida
Your Welcome -	Chaman Hey yo
Taekwondo Studio	DoJang

NEEDED TO BELT TESTS

12 classes - 14 Stripes
the stripe on the second side means you are testing ready

kick	chagi
block	mahki

Belt fee
Letter of Recommendation