

BROWN

The color of the ground where growing things are rooted firmly. Stability of physical and mental power is apparent.

STRIPES	MEANING	CURRICULUM
WHITE	SELF DEFENSE	See below for the rotation
GOLD	PAD DRILL	CAMA1
GREEN	HOME HELP	Turn in Home Help. 8 push ups
BLUE	FORMS	See below for the rotation
BROWN	Additional training	Participate in Seminar or Tourney
RED	SPARRING	Attend a sparring class Slideup Round / Slideup Hook
BLACK	KICKS	flying side

ROTATIONS	RotationB	RotationC	RotationA
TESTING MONTH	December-20	February-21	April-21

FORM BLUE STRIPE	Pal Jang (1/2 for brown belts)	Choong Moo (1/2 for brown belts)	Chil Jang (1/2 for brown belts)
ONE STEP WHITE STRIPE	OneStep#2 inside/Backfist/ Reverse Punch	OneStep #3 inside/spin elbow/ backfist sweep	OneStep#1 Triple Punch
GRAB DEFENSE WHITE STRIPE	Front & Back Bear Hugs (four)	Grab#2 - Front Choke 1&2	Grab#5-ide headlock 1&2
GROUND DEFENSE WHITE STRIPE	from mount to guard & reverse	from mount to guard & reverse	from mount to guard & reverse

PHRASES

bow to the instructor -
bow to the master
BOW TO grand master

kyo sah nim - kae kunyae
sah bum nim- kae - kunyae
kwan jang nim - kae kunyae

round (roundhouse) kick
back kick
front kick
side kick

dolrya chagi
dwi chagi
ahp chagi
yup chagi

NEEDED TO BELT TESTS

10 classes - 14 Stripes
the stripe on the right side means we covered in class
the stripe on the left side means you are ready to test
at least 2 months of training
Belt fee
Letter of Recommendation