

GREEN BELT CURRICULUM

The color of growing things that can be seen. Power begins to develop

STRIPES	MEANING	CURRICULUM
RED	SPARRING	Attend 2 sparring classes in 3 months (see schedule for sparring class times) Double round kick / jab cross
WHITE	SELF DEFENSE	back head lock - 1) shoulder throw 2) Open the door - back to back sweep review purple belt
BLUE	FORMS	TAE GUK YUK JANG - Review Sa Jang
BLACK	KICKS	BREAK - Slide up Hook Kick slide up hook kick / back leg side kick / back leg round kick / inside&outside crescent kick
GOLD	PAD DRILL	Jab Cross hook cross / R KICK - L cover cross hook L KICK - R cover Hook cross R KICK
GREEN	HOME HELP	10 acts of kindness - parents - one thing to work on 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	Belt fee
block	mahki	Letter of Recommendation