

# RED

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

## STRIPES

WHITE

GOLD

GREEN

BLUE

BROWN

RED

BLACK

## MEANING

SELF DEFENSE

PAD DRILL

HOME HELP

FORMS

Additional training

SPARRING

KICKS

## CURRICULUM

See below for the rotation

HOLD CAMA 1

Turn in Home Help. 11 push ups

See below for the rotation

Participate in Seminar or Tourney

Attend a sparring class  
Continuous SpinHook Round

Step in Jump Back

## ROTATIONS

TESTING MONTH

## RotationB

December-20

## RotationC

February-21

## RotationA

April-21

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

## 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