

ORANGE BELT CURRICULUM

The color of the setting sun. You will soon be leaving beginners program and reviewing all the basics you have learned

STRIPES	MEANING	CURRICULUM
WHITE	SELF DEFENSE	Grab#3 - Tackle Defense. 360 defense.
GOLD	PAD DRILL	Hold for Yellow belts
GREEN	HOME HELP	Turn in Home Help. 3 push ups
BLUE	FORMS	Basics Form - double rotation
BROWN	VERBAL JUDO	helping a student in class. Introduce yourself to white belt
RED	SPARRING	slide up and slide back with kicks
BLACK	KICKS	BREAK - FRONT KICK Work on ax, front, round and Crescent

BASIC FORM #1

1. Left front stance – low block, outside block, high block, inside block
2. Ready position (joon bi)
3. Right front stance – low block, outside block, high block, inside block
4. Ready position
5. Right Back Stance - knife hand guarding, knife hand strike
6. Ready position
7. Left Back stance – Knife hand guarding, Knife hand Strike
8. Ready position
9. Step L into Horse stance – 3 slow motion punches (LRL) / 1 Fast / 2 fast / 3 fast - Kihap

TERMINOLOGY

Taekwondo means - The way (art) of hand and foot fighting.

Attention - Charyut ("Chari-yut")
 Bow - Kyungnet
 Ready - Joon Bi
 Begin - Sijak
 Taekwondo School/Studio - Dojang
 Yell - Kihap ("Kee-yah-p")

<i>hanah</i>	1	<i>yasot</i>	6
<i>dool</i>	2	<i>ilgop</i>	7
<i>set</i>	3	<i>yadol</i>	8
<i>net</i>	4	<i>ahop</i>	9
<i>dasot</i>	5	<i>yool</i>	10

NEEDED TO BELT TESTS

12 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
 Belt fee
 Letter of Recommendation