**PreSKILLZ**"You are braver than you believe, stronger than you seem, and smarter than you think" - Christopher Robin

***Life Skillz Stripes***September: Memory October: Balance November: Discipline
- Short Term Memory - Balance while Jumping - Paying Attention
- Long Term Memory - Balance while Standing - Following Directions
- Reactive Memory - Balance while Walking - Self-Discipline
- Sensory Memory - Balance while Kicking - Being Still

[ ] ***YELLOW STRIPE***Floor Drill with Stances **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Front Stances Forward, Front Stances Backwards, Middle Stance Step Through

[ ] ***ORANGE STRIPE***Floor Drill with Blocks **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Front Stance Low Block, Front Stance High Block, Middle Stance Muscle Block

[ ] ***GREEN STRIPE***Floor Drill with Strikes **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Front Stance Punch, Middle Stance Knifehand, Front Stance Palm Heel

[ ] ***BLUE STRIPE***Floor Drill with Kicks  **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**Front Kicks Down Floor, Sliding Round Kick Right Side, Sliding Round Kick Left Side

[ ]  ***RED STRIPE***Pad Work With Stances **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Balance small pad on Left Front Stance, Balance small pad on Right Front Stance, Balance small pads on middle stance

[ ] ***BLACK STRIPE***Star Block Set  **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Part 1 (Left Hand): Up – In – Out – Touch – Down – Back – Push (kihap)
Part 2 (Right Hand): Up – In – Out – Touch – Down – Back – Push (kihap)
Part 3 (Both Hand Together): Up – In – Out – Touch – Down – Back – Push (kihap)

***Fitness:*** 5 Pushups & 5 Sit Ups **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Questions To Know for Bonus Points!***1. Which martial arts do you take? – Tae Kwon Do
2. What country does Tae Kwon Do come from? – Korea
3. Be able to point out the USA Flag and the Korean Flag (South Korea)
4. What part of your hand do you hit with on a palm heel? – Heel of Palm
5. What part of your foot do you hit with on a round kick? – Top of foot / “shoe laces”

**Yellow, Orange, Green Belts**“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”
– Bruce Lee

***CURRICULUM*Form:** Do San **Number of Moves:** 24 **Form Meaning:** Do San is named after a noted teacher who devoted his entire life towards improving the education system in Korea

[ ] ***YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Single Outer Forearm Block, Reverse Punch, Double Knifehand Block, Supported Spear Thrust, Side Back Fist, Back Stance, Two-Step Turn

[ ] ***ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Twin Outer Forearm Block, Knifehand Strike, Back Leg Side Kick, Back Leg Round Kick, Foot Sweep, Hook Kick

[ ] ***GREEN STRIPE***One-Steps and Self-Defense **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Step Over Right Round Kick, land behind partner’s front leg, Right Elbow to body, spin left head elbow, foot sweep
Stand Up Defense: shirt lapel grab / hand on shoulder / hair grab
Ground Defense: Shoulder Roll, Guard Defense + Shrimping

[ ] ***BLUE STRIPE***Sparring Drills  **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**Drill 1: Defensive Body Punch
Drill 2: Blitz Against Kick
Drill 3: Side Kick to Body, Hook Kick to Head (Laszlo Gombos & Zsolt Moradi)

[ ]  ***RED STRIPE***Do San Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Form Section 1: Left Outer Forearm Block, Right Middle Reverse Punch, Two-Step Turn, Right Outer Forearm Block, Left Middle Reverse Punch
Form Section 2: Left Double Knife Hand Block, Right Middle Supported Spear Thrust (Kihap), Left High Spin Back Fist Strike, Right High Back Fist Strike

[ ] ***BLACK STRIPE***Do San Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 3: Left Outer Forearm Block, Right Middle Reverse Punch, Two-Step Turn, Right Outer Forearm Block, Left Middle Reverse Punch, Twin Outer Forearm Block, Right Front Kick, Right Middle Punch, Left Middle Reverse Punch, Twin Outer Forearm Block, Left Front Kick, Left Middle Punch, Right Middle Reverse Punch.
Form Section 4: Left High Block, Right High Block, Left Knifehand Strike, Right Knifehand Strike (Kihap).

***Fitness:*** 15 Pushups & 15 Sit Ups **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Rebreakable Board:*** Palm Heel, Axe Kick, Hammer Fist **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Facts To Know***1. Q: When you tie your belt the ends of the belt should hand evenly. What does this represent in the art of Taekwondo? – Physical and Mental Balance
2. Q: Why is one-step sparring an important teaching tool in Taekwondo? – Teaches us target areas and striking distance.
3. Demonstrate Tying Your Belt

**Camo, Blue, Purple Belt**“Don’t Try So Hard To Fit In When You Were Born To Stand Out”

***CURRICULUM*Form:** Jhoon Gun Hyung **Number of Moves:** 32 **Form Meaning:** Jhoon Gun is named after the patriot Ahn Joon-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. The 32 movements represents Mr. Ahn’s age when he was executed in a Lui-Shung prison (1910).

[ ] ***YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Ridge Hand Strike & Block, Upset Palm Heel, Upset Elbow, Twin Punch High, Twin Upset Punch, Spin Outside Crescent

[ ] ***ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
X Block, Double Inner Forearm Block, Side Punch, Twin Pressing Block, Side/Hook Punch, C aka Pole Block, Spin Side Kick, Spin Hook Kick

[ ] ***GREEN STRIPE***One-Steps and Self-Defense **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Step Over Right Round Kick, land behind partner’s front leg, Right Elbow to body, spin left head elbow, foot sweep
Stand Up Defense: shirt lapel grab / hand on shoulder / hair grab
Ground Defense: Shoulder Roll, Guard Defense + Shrimping

[ ] ***BLUE STRIPE***Sparring Drills  **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**Drill 1: Defensive Body Punch
Drill 2: Blitz Against Kick
Drill 3: Side Kick to Body, Hook Kick to Head (Laszlo Gombos & Zsolt Moradi)

[ ] ***RED STRIPE***Jhoon Gun Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 1: Left Ridge Hand Block, Left Front Kick, Right Upset Palm Heel (Cat Stance), Right Ridge Hand Block, Right Front Kick, Left Upset Palm Heel (Cat Stance).
Section 2: Left Double Knife Hand Block, Right Reverse Upward Elbow Strike, Right Double Knife Hand Block, Left Reverse Upward Elbow Strike, Twin High Punch, Twin Middle Upset Punch (Kihap).

[ ] ***BLACK STRIPE***Jhoon Gun Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 3 High X Block, Left High Back Fist, Left Wrist Release, Right High Reverse Punch, Right High Back Fist, Right Wrist Release, Left High Reverse Punch, Left High Double Inner Forearm Block, Left High Side Punch, Right Side Kick, Right High Double Inner Forearm Block, Right High Side Punch, Left Side Kick, Left Double Outer Forearm Block.
Section 4: : Left Tension Double Palm Pressing Block, Right Double Outer Forearm Block, Right Tension Double Palm Pressing Block, Right Horizontal Punch, Right C-Block, Left C-Block (Kihap)

[ ] **Fitness Test:** 20 Push Ups, 20 Sit Ups **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

**Board Breaking:** Hand or Foot Technique **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***FACTS TO KNOW***1. What is the purpose of board breaking? – to measure one’s progress in development of strength, accuracy, speed, balance, willpower, and concentration. In general, one should be able to break a board with any given Taekwondo technique appropriate for his/her belt level.
2. What is an IMA Rank Belt? – The belt is a special symbol of personal accomplishment and dedication that should be worn with great pride and care.
3. Explain hand and foot timing when executing a hand technique. – Your foot hits the floor at the same time your hand hits the target.
**Red, Brown, Senior Brown**“The moment you give up, is the moment you let someone else win.” – Kobe Bryant
 **\*Senior Brown will test both Hwa Rang Hyung and Choong Mu Hyung Form**

***CURRICULUM*Form:** Hwa Rang Hyung **Number of Moves:** 29 Moves **Form Meaning:** Hwa Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.

[ ] ***YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Downward Knifehand, Slide Elbow, Hook/Round Kick Combo, Round/Hook Kick Combo

[ ] ***ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Jump Spin Side Kick, Jump Spin Outside Crescent, Jump Spin Hook Kick, Jump 360, Kick combo of at least 3-5 moves.

[ ] ***GREEN STRIPE***One-Steps and Self-Defense **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Step Over Right Round Kick, land behind partner’s front leg, Right Elbow to body, spin left head elbow, foot sweep
Stand Up Defense: shirt lapel grab / hand on shoulder / hair grab
Ground Defense: Shoulder Roll, Guard Defense + Shrimping

[ ] ***BLUE STRIPE***Sparring Drills  **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**Drill 1: Defensive Body Punch
Drill 2: Blitz Against Kick
Drill 3: Side Kick to Body, Hook Kick to Head (Laszlo Gombos & Zsolt Moradi)

[ ] ***RED STRIPE***Hwa Rang Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 1 Left palm block, right middle punch, left middle punch, right square block, left reverse upset punch, right middle side punch, right downward knifehand strike, left punch
Section 2: Left low block, right middle punch, left hand grabs right fist & left foot slides up, simulated wrist release & right side kick, right knifehand strike, left middle punch, right middle punch (Kihap)

[ ] ***BLACK STRIPE***Hwa Rang Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 3: Left double knifehand block, right middle supported spear thrust strike, left double knifehand block, right round kick, left round kick, left double knifehand block
Section 4: Left low block, right middle reverse punch, left middle reverse punch, right middle reverse punch, X-block (low), right back elbow strike (Kihap), right inner forearm/left low block combo, left inner forearm/right low block combo, left double knifehand block, right double knifehand block.

[ ] **Fitness Test:** Combat Sprint: Jump Squats and Front Kicks (starting at 7) **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

[ ] **Board Break:** Hand and Foot Technique **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***FACTS TO KNOW***1. Count to 10 in Korean: One – Hana (“Ha-na”), Two – Dul (“Dhool”), Three – Set (“Set”),
Four – Net (“Net”), Five – Dasot (“Da-sut”), Six – Yasot (“To-Sut”), Seven – Ilgup (“Eel-gope”),
Eight – Yodol (“Yo-dull”), Nine – Ahop (“Ah-hope”), Ten – Yeol (“Yull”).
2. What is the Korean word for instructor? – Sah bum nim

**1st RECOMMENDED BLACK BELT (LEVELS 1-3)**“A black belt is nothing more than a belt, a piece of cloth. Your ultimate goal should not be to get your black belt. Your ultimate goal should be to BE a black belt. Being a black belt is a state of mind, a way of life”

At Recommended Black Belt, there are 3 levels; Black w/ White Stripe, Black w/ Green Stripe, & Black w/ Red Stripe. Each level consists of 4 forms; Kwang Gae and 3 back forms. You have the option to test each level one at a time or multiple levels at a time.

***CURRICULUM***
**Black Belt Form:** Kwang Gae **Number of Moves** 39 **Form Meaning:** Kwang Gae is named after Kwang-Gae-To-Wong, the 19th King of the Koguryo Dynasty, who regained all the lost territories of Korea. The shape made by the form represents the expansion and recovery of the lost territory. The 39 moves refer to the first two numbers in the year 381 A.D., the year he came to the throne.

**Back Forms:**Blk/White: Ki Bon, Dan Gun, Do San … Blk/Grn: Won Ho, Yul Gok, Jun Gun … Blk/Red: Tae Gae, Hwa Rang, Choong Mu

***STRIPE SYSTEM***
You will have two sides of stripes. Left Side of Belt will be striped for back forms. Right side will be striped for Rec. Black Belt Curriculum.

[ ] ***YELLOW STRIPE* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
- Trick School 1: Round Kick, Hook Kick, Pop 180 Round, Pop 180 Hook, Tornado Kick, Tsunami Kick. Be able to put these techniques into combinations.
- Jump 360 Rotation
- Jump 360 Kick (Side, Round, Crescent, Hook)

[ ] ***ORANGE STRIPE* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Able to combine blocks and strikes in a flow drill with partner.

[ ] ***GREEN STRIPE***One-Steps and Self-Defense **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Step Over Right Round Kick, land behind partner’s front leg, Right Elbow to body, spin left head elbow, foot sweep
Stand Up Defense: shirt lapel grab / hand on shoulder / hair grab
Ground Defense: Shoulder Roll, Guard Defense + Shrimping

[ ] ***BLUE STRIPE***Sparring Drills  **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**Drill 1: Defensive Body Punch
Drill 2: Blitz Against Kick
Drill 3: Side Kick to Body, Hook Kick to Head (Laszlo Gombos & Zsolt Moradi)

[ ] **Red Stripe – First half of black belt form Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

[ ] **Black Stripe – Second half of black belt form Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

[ ] **Fitness Test:** Combat Sprint – Burpees with Punches (starting at 7) **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

[ ] **Board Breaking:** Left and Right Foot Technique **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

[ ] **Black Belt Essay**Topic: What does being a Black Belt mean to you and how will you Impact the community as a Black Belt?
Minimum 1 page typed or handwritten (readable). Must be turned in anytime before testing for 1st Degree Black Belt.