**CAMO, BLUE, PURPLE BELT – May-August Testing Cycle**“The only person you should try to be better than, is the person you were yesterday”

***CURRICULUM*Form:** Yul Gok Hyung **Number of Moves:** 38 **Form Meaning:** Yul Gok is the pseudonym of a great philosopher and scholar nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on the 38th latitude.

[ ] ***WEEK 1-2: YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Inner Forearm Block, Hooking Block, Back Leg Side Kick, Spin Outside Crescent, Spin Side Kick

[ ] ***WEEK 3-4: RED STRIPE***Yul Gok Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 1: Left middle tension punch, right middle punch, left middle punch, right middle tension punch, left middle punch, right middle punch, right high inner forearm block, left font kick, left middle punch, right middle reverse punch, left single inner forearm block, right front kick, right middle punch, left reverse middle punch
Section 2: Right high tension hooking block, left reverse high tension hooking block, right middle punch, left high tension hooking block, right reverse high tension hooking block, left middle punch, right middle punch (Kihap)

Triple Impact Competitor Lesson **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

[ ] ***WEEK 5-6: GREEN STRIPE***Yul Gok Self-Defense 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step #1: Left palm heel block, right middle punch, left middle punch, right high knifehand strike, right outside crescent kick, right spin outside crescent kick.
One-Step #2: Left Knifehand block/Right Upset knifehand strike combo, right elbow, right high knifehand strike, grab shoulder with right hand, right knee, right foot sweep, right downward punch

[ ] ***WEEK 7-8: ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Knifehand Square Block, Double Inner Forearm Block, Front Kick/Round Kick Combo, Hook Kick, Knee Strike

[ ] ***WEEK 9-10: BLACK STRIPE***Yul Gok Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 3 Left balancing double outer forearm block, left side kick, right reverse elbow strike, right balancing double outer forearm block, right side kick, left reverse elbow strike, left knife hand square block, right middle supported spear thrust strike, right knifehand square block, left middle supported spear thrust strike
Section 4: : Left outer forearm block, right reverse middle punch, right outer forearm block, left reverse middle punch, left jumping downward back fist strike (kihap), right high double inner forearm block, left high double inner forearm block.

[ ] ***WEEK 11-12: BLUE STRIPE***Yul Gok Self-Defense 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**Self-Defense #3: Double Inner Forearm Block Flow Drill
Self-Defense #4: Back Fall Defense and Tactical Stand Up against Front Push

Triple Impact Competitor Lesson **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

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

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

***FACTS TO KNOW***1. What are 4 advantages of stretching? – Increased range of motion, gradual increase in heart rate, less chance of injury, increased muscle capability
2. What is the weight distribution of the basic stances? Front Stance: 60% front/40% back, Back stance: 30% front/70% back, Middle Stance: 50% both feet
3. What is the purpose of a block?Deflect an attack, Set up an immediate counter attack/escape

**This Section is for Instructor Notes after Stripe Make-Up, Review Month, and/or Private Lessons**

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