**CAMO, BLUE, PURPLE BELT – September-December Testing Cycle**“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).

[ ] ***WEEK 1-2: YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Ridge Hand, X Block (High,Low), Elbow (Upward,Downward), Twin Punch/Twin Upset Punch, Palm (Up, Down), C-Block

[ ] ***WEEK 3-4: 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).

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

[ ] ***WEEK 5-6: GREEN STRIPE***Jhoon Gun Self-Defense 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Self-Defense #1: Front Lapel Grab Defense
Self-Defense #2: Front Choke with Both Hands Defense

[ ] ***WEEK 7-8: ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Cat Stance, Axe Kick, Muy Tai Head Grab, Horizontal Spear Thrust, Spin Hook Kick, Hook/Round Kick Combo

[ ] ***WEEK 9-10: 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)

[ ] ***WEEK 11-12: BLUE STRIPE***Jhoon Gun Self-Defense 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**Self-Defense #3: Front Choke with Single Hand & Punch Defense
Self-Defense #4: Rear Bear Hug Defense

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

[ ] **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.