**RED, BROWN, SENIOR BROWN – May-August Testing Cycle**“If Opportunity Doesn’t Knock, Build A Door” – Milton Berle

 **\*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.

[ ] ***WEEK 1-2: YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Downward Knifehand, Slide Elbow (as done in form), Hook Kick/Round Kick Combo, Round Kick/Hook Kick Combo

[ ] ***WEEK 3-4: 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)

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

[ ] ***WEEK 5-6: GREEN STRIPE***Choong Mu Self-Defense 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Self-Defense #1: Front Lapel/Shirt Grab Defense; Release + 3 Techniques
Self-Defense #2: Two Hand Front Choke Defense; Release + 3 Techniques

[ ] ***WEEK 7-8: ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Spin Hook Kick, Tsunami Kick, Tornado Kick, Jump 360, Able to perform hand combo of at least 3-5 moves.

[ ] ***WEEK 9-10: 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.

[ ] ***WEEK 11-12: BLUE STRIPE***Choong Mu Self-Defense 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Self-Defense #3: One Hand Front Choke and Punch Defense; Release + 3 Techniques
Self-Defense #4: Rear Bear Hug Defense Under Arms; Take Down & Over Arms; Drop Weight + 3 Techniques

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

[ ] **Fitness Test:** Combat Sprint: Sit-Ups and Punches (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

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

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