**YELLOW, ORANGE, GREEN BELT – September-December Testing Cycle**“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

[ ] ***WEEK 1-2: YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**  
Single Outer Forearm Block, Supported Spear Thrust, Parry Block, Reverse Punch, Back Stance

[ ] ***WEEK 3-4: RED STRIPE***Do San Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**  
Section 1: Left Outer Forearm Block, Right Middle Reverse Punch, Two-Step Turn, Right Outer Forearm Block, Left Middle Reverse Punch  
Section 2: Left Double Knife Hand Block, Right Middle Supported Spear Thrust (Kihap), Left High Spin Back Fist Strike, Right High Back Fist Strike

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

[ ] ***WEEK 5-6: GREEN STRIPE***Do San One-Step 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**  
One-Step #1: Right Inside Crescent Kick, Right Side Kick, Left Spin Side Kick, Left Double Outer Forearm Block (Kihap)   
One-Step #2: Right Side Kick, Left Spin Outside Crescent Kick, Right Round Kick, Right Double Outer Forearm Block (Kihap)  
  
[ ] ***WEEK 7-8: ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**  
Inside Crescent Kick, Spin Outside Crescent Kick, Slide Side Kick, Spin Side Kick, Jump Front Kick

[ ] ***WEEK 9-10: 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.   
Section 4: : Left High Block, Right High Block, Left Knifehand Strike, Right Knifehand Strike (Kihap).

[ ] ***WEEK 11-12: BLUE STRIPE***Do San Self-Defense 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**One-Steps #3: Right Inside Crescent Kick, Left Spin Side Kick, Right High Punch, Left Reverse High Punch, Right Jumping Front Kick, Right Double Outer Forearm Block (Kihap)  
Self-Defense #4: Wrist Grab Defense

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

[ ] **Fitness Test: 1**0 Push Ups, 10 Sit Ups **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

**Rebreakable Board:** Front Kick **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