**Yellow, Orange, Green Belts**“When I was young, I had to learn the fundamentals. You can have all the physical ability in the world, but you still have to know the fundamentals” – Michael Jordan

***CURRICULUM*Form:** Dan Gun **Number of Moves:** 21 **Form Meaning:** Dan Gun named after legendary founder of Korea in 2333 B.C

[ ] ***YELLOW STRIPE: Technique List* 1 Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Double Knifehand Block, Double Outer Forearm/“Double Fist Block”, Reverse Punch, Back Stance, Jump Front Kick

[ ] ***ORANGE STRIPE: Technique List 2* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Square Block, Low/High Block Combo, Downward Back Fist, Spin Backfist, Axe Kick, Back Leg Side & Round Kick

[ ] ***GREEN STRIPE: One-Steps & Self-Defense*** **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Right Jump Front Kick, Right High Back Fist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Stand Up Defense: Attacks from behind – Push, Headlock, Around neck
Stand to Ground Defense: Shoulder Roll
Ground Defense: Mount Defense – Punch, Forearm Pin, Wrist Pin

[ ] ***BLUE STRIPE: Fight Club Techniques (Duke Roufus)* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**1: Jab, Cross
2: Lead Leg to Power Leg
3: Double Leg Takedown
4: Jab, Cross, Hook, Round

[ ]  ***RED STRIPE: First half of form***Dan Gun Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 1: Left Double Knifehand Block, Right High Punch, Right Double Knifehand Block, Left High Punch
Section 2: Left Low Block, Right High Punch, Left High Punch, Right High Punch (Kihap)

[ ] ***BLACK STRIPE: Second half of form***Dan Gun Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 3: Left Square Block, Right High Punch, Right Square Block, Left High Punch
Section 4: Left Low Block / Left High Block Combination, Right High Block, Left High Block, Right High Block (Kihap), Left High Knifehand Strike, Right High Punch, Right High Knifehand Strike, Left High Punch

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

***Rebreakable Board:*** Front Kick, Side Kick, Axe Kick **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Facts To Know***1. Five Tenets of Taekwondo: **Courtesy –** to be polite to others. **Integrity –** to be honest and good, earning respect and trust. **Perseverance –** stands for your internal drive to never give up. **Self-Control –** to control your body, emotions, and actions. **Indomitable Spirit –** to stand up for what you believe in, having courage in the face of adversity.
2. What does the Red and Black Stripe around the collar of a person’s uniform mean?
Red = Instructor in Training / Black = Certified Instructor
3. Why is form practice an important part of a martial artist’s training? – it is like an imaginary fight: 1) Builds correct and powerful techniques 2) Disciplines your body teaching one to breath correctly 3) Increases balance and good posture 4) Improves concentration and visualization skills.

**Camo, Blue, Purple Belt**“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.

[ ] ***YELLOW STRIPE: Technique List 1* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Inner Forearm Block, Hooking Block, Back Leg Side Kick, Spin Outside Crescent, Spin Side Kick

[ ] ***ORANGE STRIPE: Technique List 2* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Knifehand Square Block, Double Inner Forearm Block, Front Kick/Round Kick Combo, Hook Kick, Knee Strike

[ ] ***GREEN STRIPE: One-Steps & Self-Defense*** **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Right Jump Front Kick, Right High Back Fist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Stand Up Defense: Attacks from behind – Push, Headlock, Around neck
Stand to Ground Defense: Shoulder Roll
Ground Defense: Mount Defense – Punch, Forearm Pin, Wrist Pin

[ ] ***BLUE STRIPE: Fight Club Techniques (Duke Roufus)* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**1: Jab, Cross
2: Lead Leg to Power Leg
3: Double Leg Takedown
4: Jab, Cross, Hook, Round

[ ] ***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)

[ ] ***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.

[ ] **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

**Red, Brown, Senior Brown**“Champions aren’t made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will. But they will be stronger than the skill.” – Muhammad Ali

 **\*Senior Brown will test both Hwa Rang Hyung and Choong Mu Hyung Form**

***CURRICULUM*Form:** Choong Mu Hyung **Number of Moves:** 32 Moves **Form Meaning:** Choong Mu was the name given to the great Admiral I Soon in the Lee Dynasty. He was reputed to have invented the first armored battleship in 1592, which is said to be the precursor of the present day submarine.

[ ] ***YELLOW STRIPE: Technique List 1* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Knife Hand Square Block, Side Tuck Jump, Run Jump Side Kick, Jump Spin Outside Crescent, Jump Spin Side Kick

[ ] ***ORANGE STRIPE: Technique List 2* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Twin Upset Palm Heel, Tsunami Kick, Tornado Kick, Jump 360, Able to perform hand combo of at least 3-5 moves.

[ ] ***GREEN STRIPE: One-Steps & Self-Defense*** **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Right Jump Front Kick, Right High Back Fist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Stand Up Defense: Attacks from behind – Push, Headlock, Around neck
Stand to Ground Defense: Shoulder Roll
Ground Defense: Mount Defense – Punch, Forearm Pin, Wrist Pin

[ ] ***BLUE STRIPE: Fight Club Techniques (Duke Roufus)* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**1: Jab, Cross
2: Lead Leg to Power Leg
3: Double Leg Takedown
4: Jab, Cross, Hook, Round

[ ] ***RED STRIPE***Choong Mu Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 1: Left Knife Hand Square Block, Left Knife Hand High Block & Right Reverse Upset Knife Hand Strike (Combination), Right Double Knife Hand Block, Left Horizontal Spear Thrust, Left Double Knife Hand Block, Right Double Outer Forearm Block, Right Side Kick, Left Double Knife Hand Block, Two Step Right Jump Side Kick (Kihap), Right Double Knife Hand Block.
Section 2: Left Low Block, Twin Head Grab, Right Knee Strike, Right Supported High Ridge Hand Strike, Right Round Kick, Left Spin Side Kick, Right Double Outer Forearm Block, Left Round Kick, Right C-Block, Jump Counterclockwise 360° & land with Right Double Knife Hand Block.

[ ] ***BLACK STRIPE***Choong Mu Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 3: Right Reverse Low Upset Palm Heel Strike, Right Downward Back Fist & Left Low Block Combination, Right Supported Spear Thrust
Section 4: Left Double Inner Forearm Block, Right Supported Downward Back Fist, Right High Back Fist Strike, Right Turning Side Kick, Left Turning Side Kick, Twin Middle Knife Hand X Block, Twin Upset Palm Heel Block, 2-step turn, Right High Block, Left Reverse Middle Punch (Kihap).

[ ] **Fitness Test:** Combat Sprint: Push-Ups and Punches (starting at 7) **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

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

***FACTS TO KNOW***1. What are the five components of the theory of power? – Reaction Force, Concentration, Equilibrium, Breath Control, Speed
2. Before a training session, how many minutes should you warm up? – 10 to 15 minutes.

**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 & Self-Defense*** **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step: Right Jump Front Kick, Right High Back Fist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Stand Up Defense: Attacks from behind – Push, Headlock, Around neck
Stand to Ground Defense: Shoulder Roll
Ground Defense: Mount Defense – Punch, Forearm Pin, Wrist Pin

[ ] ***BLUE STRIPE: Fight Club Techniques (Duke Roufus)* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**1: Jab, Cross
2: Lead Leg to Power Leg
3: Double Leg Takedown
4: Jab, Cross, Hook, Round

[ ] **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 any time before testing for 1st Degree Black Belt.