

## CAMO, BLUE, PURPLE BELT – HIGH SIDE

“There Is No Glory In Practice, But Without Practice, There Is No Glory”

### CURRICULUM

**Form:** Tae Gae Hyung **Number of Moves:** 37 **Form Meaning:** Tae Gae is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37th latitude in Korea

#### **Stripe Achievements**

##### Yellow Stripe

- Double Inner Forearm Block
- Low Double Inner Forearm Block
- Downward Spear Thrust
- Inside Hammer Fist

##### Orange Stripe

- Running Jump Side Kick
- Axe Kick
- Jump Spin Side Kick
- Knee Strike

##### Green Stripe

- Self-Defense #1: Back Fall, Side Fall (Both Sides) + Defensive Standup
- Self-Defense #2: Forward Shoulder Roll

##### Blue Stripe

- Self-Defense #3: Mount Defense
- Self-Defense #4: Ice Blitz (Take down and non-take down)

##### Red Stripe – First half of form

- Form Section 1: Left High Inner Forearm Block, Right Reverse Low Upset Palm Heel Strike, Right Outer Forearm / Left Low Block (Combination Blocks), Right High Inner Forearm Block, Left Reverse Low Upset Palm Strike, Left Outer Forearm / Right Low Block (Combination Blocks).
- Set 2: Low X Block, Twin High Punch, Right Front Kick, Right Punch, Left Reverse Punch, Twin Tension Elbow Strike, Right Straight Kick & Twin High Inner Forearm Blocks, Left Straight Kick & Twin High Inner Forearm Blocks, Left Straight Kick & Twin High Inner Forearm Blocks, Right Straight Kick & Twin High Inner Forearm Blocks, Left Straight Kick & Twin High Inner Forearm Blocks, Left Straight Kick & Twin High Inner Forearm Blocks.

##### Black Stripe – Second half of form

- Set 3: Left Low Double Inner Forearm Block, Twin Head Grab, Knee Strike (Kihap), Left Double Knife Hand Block, Left Front Kick, Left High Spear Hand Strike, Right Double Knife Hand Block, Right Front Kick, Right High Spear Hand Strike.
- Set 4: Right Downward Back Fist & Left Low Block (Combination Blocks), Jump Low X Block, Right Double Inner Forearm Block, Left Low Double Knife Hand Block, Right High Inner Forearm Block, Right Low Double Knife Hand Block, Left High Inner Forearm Block, Right Reverse High Inner Forearm Block, Left High Inner Forearm Block, Right Middle Punch (Kihap)

- Fitness Test:** 20 Push Ups, 20 Sit Ups

- Board Break:** Hand Technique

### FACTS TO KNOW

1. Q: What is the Korean word for Taekwondo Uniform? - Dobok
2. Q: What is the Korean word for a Taekwondo school? - Do Jang
3. What is the Korean word for a yell? – Kihap
4. Be able to tie your belt.