**CAMO, BLUE, PURPLE BELT
TRADITIONAL TAEKWONDO JANUARY-APRIL TESTING CYCLE**“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

[ ] ***YELLOW STRIPE: Technique List 1***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Downward Spear/Palm Thrust, Outer forearm & Low block combo, Spin Outside Crescent

[ ] ***ORANGE STRIPE: Technique List 2***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Head Grab, Knee Strike, Horizontal Spear, X-Stance, Jump Side Kick, Jump Round Kick

[ ] ***GREEN STRIPE: One-Step & Self-Defense*** **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
1. One-Step: Right Side Kick, R Tornado Inside Crescent Kick, Left Spin Side Kick. (Also, do opposite side)
2. Stand Up Defense: Push/Grab Defense (Standing & Pressed against wall/locker)
3. Stand to Ground Defense: Back Fall + Defensive Stand Up
4. Ground Defense: Defense against kicks + Mount + Takedown

[ ]  ***BLUE STRIPE: Fight Club Techniques (John Hackleman)* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**1. Liver Punch
2. Preemptive Strike
2. Escaping Headlock
3. Ice Blitz
4. Body Fold

[ ] ***RED STRIPE: First half of form***
Tae Gae Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
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).
Section 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***Tae Gae Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 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.
Section 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 Bock, 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)

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

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

***Board Breaking:*** Hand Technique **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***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.