

**RED, BROWN, SENIOR BROWN BELT
TRADITIONAL TAEKWONDO JANUARY-APRIL TESTING CYCLE**

“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-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**

Instructor Initials: _____

Choong Mu Section 1 & 2

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: Second half of form**

Instructor Initials: _____

Choong Mu Section 3 & 4

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).

Triple Impact Competitor Lesson

Instructor Initials: _____

Fitness: Combat Sprint: Push-ups & Punches (starting at 7)

Instructor Initials: _____

Board Breaking: Hand & 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.