

Child Development

September Skill Stripe: Balance

- Balance while Standing
- Balance while Walking
- Balance while Kicking
- Balance while Jumping

October Skill Stripe: Discipline

- Paying Attention
- Following Directions
- Self-Discipline
- Being Still

November Skill Stripe: Fitness

- Fitness with your Arms
- Fitness with your Legs
- Fitness with your Abs
- Fitness with your Heart

Martial Arts Techniques

Floor Drill with Stances

- Front stance moving forward
- Front stance moving backwards
- Middle stance moving down floor

Pad Work with Blocks

- High Block
- Low Block
- Muscle Block

Pad Work with Kicks

- Front Kick
- Crescent Kick
- Side Kick

Pad Work with Strikes

- Punch
- Knifehand Strike
- Palm Heel

Form: Jinheung (“Chin Han”) – A king who established the Hwarang (Flower Youth). The HwaRang became such prolific warriors that unified the country in the process and bringing peace to Korea.

Left Front Kick, land in left front stance left high block, right palm heel, left muscle block, right knifehand (yell)

Right front kick, land in right front stance right high block, left palm heel, right muscle block, left knifehand (yell)

Step right foot back to left front stance left high block, right palm heel, left muscle block, right knifehand (yell)

Step left foot back to right front stance right high block, left palm heel, right muscle block, left knifehand (yell)

White Belt

“A Journey Of A Thousands Miles Begins With A Single Step” – Loa Tzu

CURRICULUM

Form: Ki Bon Hyung **Number of Moves:** 18 **Form Meaning:** Ki Bon means “Basic Foundation”

[] **YELLOW STRIPE: Technique List 1**

Low Block, High Block, Punch, Front Kick, Outside Crescent Kick, Front Stance, Middle Stance

[] **ORANGE STRIPE: Technique List 2**

High Inner Forearm Block, Knifehand Strike, Palm Heel, Side Kick, Leading Leg Round Kick

[] **GREEN STRIPE: One-Steps/Self-Defense**

One-Step #1: Left High Block, Right Middle Punch, Left Middle Punch, Right High Punch,
Guarding Stance (Kihap)

One-Step #2: Left Outside Crescent Kick, Right Side Kick, Guarding Stance (Kihap)

[] **BLUE STRIPE: One-Steps/Self-Defense**

One-Step #3: Left Palm Heel Block, Right Middle Punch, Left Middle Punch, Right High Punch,
Right Round Kick, Guarding Stance (Kihap)

One-Step #4: Wild Swing Defense: Head Cover, Palm Heels, Push Kick

[] **RED STRIPE: First Half of Ki Bon**

Ki Bon Section 1 & 2

Section 1: Left Low Block, Right Middle Punch, Right Low Block, Left Middle Punch, Left Low
Block, Right Middle Punch.

Section 2: Left Front Kick, Left Middle Punch, Right Front Kick, Right Middle Punch (Kihap)

[] **BLACK STRIPE: Second Half of Ki Bon**

Ki Bon Section 3 & 4

Set 3: Left High Inner Forearm Block, Left Middle Knife Hand Strike, Right High Inner
Forearm Block, Right Middle Knife Hand Strike

[Set 4: Left High Block, Right High Block, Left High Block, Right High Block (Kihap)

[] **Fitness Test:** 5 Push Ups, 5 Sit Ups

FACTS TO KNOW

1. What style of martial arts do you take? – Taekwondo
2. What country did Taekwondo originate from? – Korea in 1955
3. What does ‘Taekwondo’ translate to in English? – The Art of Hand and Foot
4. What is the purpose of the yell in Taekwondo? – To startle your opponent, tighten up body when striking.
5. What is the purpose of the bow in Taekwondo? – Symbol of respect, like a hand shake

September-December 2021 Curriculum

Yellow, Orange, Green Belts

“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

[] **YELLOW STRIPE: Technique List 1**

Back Stance, 2-Step Turn, Back Leg Round Kick, Reverse Punch, Supported Spear Thrust, Side Back Fist, Single Outer Forearm Block, Double Knifehand Block

[] **ORANGE STRIPE: Technique List 2**

Middle Stance, Back Leg Side Kick, Hook Kick, Foot Sweep, Knifehand Strike, Twin Outer Forearm Block

[] **GREEN STRIPE: Bully Defense**

Bully Defense #1: Wild Swing/Punch Defense

Bully Defense #2: Ground/Technical Stand Up

Bully Defense #3: Push & Back Fall, Grab Defense and Perry Against Straight Punches

Bully Defense #4: Ground Shield & Takedown

[] **BLUE STRIPE: Fight Club**

Combo #1: Uppercut, Hook, Straight *Straight = either Jab or Cross (student's choice)

Combo #2: Jab, Cross, Switch Knee

Combo #3: Arm Triangle from Mount

Combo #4: Jab, Straight, Cross, Hook, Cover

[] **RED STRIPE: First Half of Do San**

Form Section 1: Left Outer Forearm Block, Right Middle Reverse Punch, Two-Step Turn, Right Outer Forearm Block, Left Middle Reverse Punch

Form Section 2: Left Double Knife Hand Block, Right Middle Supported Spear Thrust (Kihap), Left High Spin Back Fist Strike, Right High Back Fist Strike

[] **BLACK STRIPE: Second Half of Do San**

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.

Form Section 4: Left High Block, Right High Block, Left Knifehand Strike, Right Knifehand Strike (Kihap).

Fitness: 15 Pushups & 15 Sit Ups

Rebreakable Board: Palm Heel, Axe Kick, Hammer Fist

Facts To Know

1. Q: When you tie your belt the ends of the belt should hang 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

Camo, Blue, Purple Belt

“Don’t Try So Hard To Fit In When You Were Born To Stand Out”

CURRICULUM

Form: Jhoon Gun Hyung **Number of Moves:** 32 **Form Meaning:** Jhoon Gun is named after the patriot Ahn Joon-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. The 32 movements represents Mr. Ahn’s age when he was executed in a Lui-Shung prison (1910).

[] **YELLOW STRIPE: Technique List 1**

Ridge Hand Strike & Block, Single Upset Palm Heel, Upset Elbow, Twin Punch High, Twin Upset Punch, Spin Outside Crescent, Spin Side Kick

[] **ORANGE STRIPE: Technique List 2**

X Block, Double Inner Forearm Block, Side Punch, Twin Pressing Block, Side/Hook Punch, C aka Pole Block, Spin Hook Kick

[] **GREEN STRIPE: Bully Defense**

Bully Defense #1: Wild Swing/Punch Defense

Bully Defense #2: Ground/Technical Stand Up

Bully Defense #3: Push & Back Fall, Grab Defense and Perry Against Straight Punches

Bully Defense #4: Ground Shield & Takedown

[] **BLUE STRIPE: Fight Club**

Combo #1: Uppercut, Hook, Straight *Straight = either Jab or Cross (student’s choice)

Combo #2: Jab, Cross, Switch Knee

Combo #3: Arm Triangle from Mount

Combo #4: Jab, Straight, Cross, Hook, Cover

[] **RED STRIPE: First Half of Jhoon Gun**

Section 1: Left Ridge Hand Block, Left Front Kick, Right Upset Palm Heel (Cat Stance), Right Ridge Hand Block, Right Front Kick, Left Upset Palm Heel (Cat Stance).

Section 2: Left Double Knife Hand Block, Right Reverse Upward Elbow Strike, Right Double Knife Hand Block, Left Reverse Upward Elbow Strike, Twin High Punch, Twin Middle Upset Punch (Kihap).

[] **BLACK STRIPE: Second Half of Jhoon Gun**

Section 3 High X Block, Left High Back Fist, Left Wrist Release, Right High Reverse Punch, Right High Back Fist, Right Wrist Release, Left High Reverse Punch, Left High Double Inner Forearm Block, Left High Side Punch, Right Side Kick, Right High Double Inner Forearm Block, Right High Side Punch, Left Side Kick, Left Double Outer Forearm Block.

Section 4: : Left Tension Double Palm Pressing Block, Right Double Outer Forearm Block, Right Tension Double Palm Pressing Block, Right Horizontal Punch, Right C-Block, Left C-Block (Kihap)

[] **Fitness Test:** 20 Push Ups, 20 Sit Ups

[] **Board Breaking:** Hand or Foot Technique

FACTS TO KNOW

1. What is the purpose of board breaking? – to measure one’s progress in development of strength, accuracy, speed, balance, willpower, and concentration. In general, one should be able to break a board with any given Taekwondo technique appropriate for his/her belt level.

2. What is an IMA Rank Belt? – The belt is a special symbol of personal accomplishment and dedication that should be worn with great pride and care.

3. Explain hand and foot timing when executing a hand technique. – Your foot hits the floor at the same time your hand hits the target.

Red, Brown, Senior Brown

“The moment you give up, is the moment you let someone else win.” – Kobe Bryant

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

CURRICULUM

Form: Hwa Rang Hyung **Number of Moves:** 29 Moves **Form Meaning:** Hwa Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.

[] **YELLOW STRIPE: Technique List 1**

Downward Knifehand, Slide Elbow, Hook/Round Kick Combo, Round/Hook Kick Combo

[] **ORANGE STRIPE: Technique List 2**

Jump Spin Side Kick, Jump Spin Outside Crescent, Jump Spin Hook Kick, Jump 360, Kick combo of at least 3-5 moves.

[] **GREEN STRIPE: Bully Defense**

Bully Defense #1: Wild Swing/Punch Defense

Bully Defense #2: Ground/Technical Stand Up

Bully Defense #3: Push & Back Fall, Grab Defense and Perry Against Straight Punches

Bully Defense #4: Ground Shield & Takedown

[] **BLUE STRIPE: Fight Club**

Combo #1: Uppercut, Hook, Straight *Straight = either Jab or Cross (student's choice)

Combo #2: Jab, Cross, Switch Knee

Combo #3: Arm Triangle from Mount

Combo #4: Jab, Straight, Cross, Hook, Cover

[] **RED STRIPE: First Half of Hwa Rang**

Section 1 Left palm block, right middle punch, left middle punch, right square block, left reverse upset punch, right middle side punch, right downward knifehand strike, left punch

Section 2: Left low block, right middle punch, left hand grabs right fist & left foot slides up, simulated wrist release & right side kick, right knifehand strike, left middle punch, right middle punch (Kihap)

[] **BLACK STRIPE: Second Half of Hwa Rang**

Section 3: Left double knifehand block, right middle supported spear thrust strike, left double knifehand block, right round kick, left round kick, left double knifehand block

Section 4: Left low block, right middle reverse punch, left middle reverse punch, right middle reverse punch, X-block (low), right back elbow strike (Kihap), right inner forearm/left low block combo, left inner forearm/right low block combo, left double knifehand block, right double knifehand block.

[] **Fitness Test:** Combat Sprint: Jump Squats and Front Kicks (starting at 7)

[] **Board Break:** Hand and Foot Technique

FACTS TO KNOW

1. Count to 10 in Korean: One – Hana (“Ha-na”), Two – Dul (“Dhool”), Three – Set (“Set”), Four – Net (“Net”), Five – Dasot (“Da-sut”), Six – Yasot (“To-Sut”), Seven – Ilgup (“Eel-gope”), Eight – Yodol (“Yo-dull”), Nine – Ahop (“Ah-hope”), Ten – Yeol (“Yull”).

2. What is the Korean word for instructor? – Sah bum nim

September-December 2021 Curriculum
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: Technique List 1**

- 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: Technique List 2**

Able to combine blocks and strikes in a flow drill with partner.

[] **GREEN STRIPE: Bully Defense**

Bully Defense #1: Wild Swing/Punch Defense

Bully Defense #2: Ground/Technical Stand Up

Bully Defense #3: Push & Back Fall, Grab Defense and Perry Against Straight Punches

Bully Defense #4: Ground Shield & Takedown

[] **BLUE STRIPE: Fight Club**

Combo #1: Uppercut, Hook, Straight *Straight = either Jab or Cross (student's choice)

Combo #2: Jab, Cross, Switch Knee

Combo #3: Arm Triangle from Mount

Combo #4: Jab, Straight, Cross, Hook, Cover

[] **Red Stripe – First half of Kwang Gae**

[] **Black Stripe – Second half of Kwang Gae**

[] **Fitness Test:** Combat Sprint – Burpees with Punches (starting at 7)

[] **Board Breaking:** Left and Right Foot Technique

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