

Camo, Blue, Purple Belt
Testing Cycle: January-April

“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

Stances: Close Ready Position B

Blocks: Inner Forearm, Outer Forearm & Low Combo, Low X Block

Strikes: Downward Palm Heel, High Twin Punch,

Kicks: Spin Outside Crescent, Spin Side Kick

Orange Stripe: Technique List 2

Stances: X Stance

Blocks: Low & High Double Inner Forearm Block, Low Block with Back Fist, Low Double Knifehand Block

Strikes: Horizontal Spear Thrust

Kicks: Head Grab Knee, Jump Round Kick, Jump Side Kick

Green Stripe: One-Steps & Self-Defense

One-Step #1: Left Downward Palm Block, Right High Ridge, Right Round Kick, Left Spin Outside Crescent (Also with opposite side)

Self-Defense #1: Two Hand Choke

Self-Defense #2: Taking Your Hips Back

Fight Club #1: Knee Strike to Liver

Fight Club #2: Strike Set: Jab-Cross-Left Hook-Right Hook-Left Uppercut-Right Uppercut-Left Elbow-Right Elbow

Blue Stripe: Sparring Drills

Offensive #1: Blitz

Offensive #2: Side Kick

Defensive #1: Side Kick

Defensive #2: Angle Hook

Combination: Fake Backfist to Angle Side Kick

Red Stripe: Tae Gae Section 1 & 2

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.

Black Stripe: Tae Gae Section 3 & 4

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 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: 15 Push-Ups, 15 Toe Touch Sit-Ups, 15 Squat Jumps, 15 Jump Lunges, 60 seconds of Jump Rope

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