

## **Yellow, Orange, and Green Belt**

Testing Cycle: January-April

“I hated every minute of training, but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion’”. – Muhammad Ali

### **CURRICULUM**

**Form:** Won Hyo Hyung **Number of Moves:** 28 **Form Meaning:** A noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.

#### **Yellow Stripe: Technique List 1**

Stances: Close Ready Position A, Back Stance, Extended Back Stance aka “Fixed Stance”

Blocks: Square Block, Double Fist Block, Double Knifehand Block

Strikes: Inside Knifehand, Side Punch, Supported Spear

Kicks: Back Leg Side Kick, Back Leg Round

#### **Orange Stripe: Technique List 2**

Blocks: Reverse Inner Forearm Block

Strikes: Reverse Punch

Kicks: Jump Front Kick, Axe Kick

#### **Green Stripe: One-Steps & Self-Defense**

One-Step #1: Left Downward Palm Block, Right High Ridge, Right Round Kick. (Be able to do with opposite side)

Self-Defense #1: Two Hand Choke

Self-Defense #2: Taking Your Hips Back

Fight Club #1: Knee Strike

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: Won Hyo Section 1 & 2**

Section 1: Left Square Block, Right Upset Knife Hand Strike, Left Middle Side Punch, Right Square Block, Left Upset Knife Hand Strike, Right Middle Side Punch.

Section 2: Left Double Outer Forearm Block, Left Side Kick, Left Double Knife Hand Block, Right Double Knife Hand Block, Left Double Knife Hand Block, Right Middle Spear Hand Strike (Kihap).

#### **Black Stripe: Won Hyo Section 3 & 4**

Section 3: Left Square Block, Right Upset Knife Hand Strike, Left Middle Side Punch, Right Square Block, Left Upset Knife Hand Strike, Right Middle Side Punch, Right Reverse High Inner Forearm Block, Right Front Kick, Left Middle Reverse Punch, Left Reverse High Inner Forearm Block, Left Front Kick, Right Reverse Punch.

Section 4: Right Side Kick (Kihap), Left Double Outer Forearm Block, Right Double Outer Forearm Block.

**Fitness:** 10 Push-Ups, 10 Sit-Ups, 10 Squats, 10 Lunges, 60 seconds of Jump Rope (Jump Rope Optional)

**Board Break:** Choice of Hammer Fist, Elbow Strike, Front Kick, or Side Kick

### **Facts To Know**

1. We practice 24 Taekwondo Forms. What does the number 24 represent? – 24 hours, one day, or all my life

2. Why do we free spar with a partner? - This is the closest thing to a real life situation but in a safe and controlled learning experience. Free-Sparring is the physical applications of attack and defense techniques gained from forms and fundamental exercises against an actual opponent. It is necessary to promote the fighting spirit and courage, and to train the eyes to read the opponent’s tactics and movements.