

Red, Brown, Senior Brown

“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: 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: One-Steps & Self-Defense. Athlete Spotlight: John Hackleman**

1) Right Jump Front Kick, Land in Left Back Stance with Right High Backfist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Guarding Stance, Kihap

2) Thai Clinch

3) Kick to Liver Using Ball of Foot

4) “Whizzer” Overhook

5) Kick Protection (Above the Waist)

[] **BLUE STRIPE: Point Sparring. Athlete Spotlight: Chelsey Nash**

1) Backfist, Reverse Punch

2) Offensive Side Kick

3) Defensive Side Kick

4) Switch Sides, Backfist

5) Body Fakes

[] **RED STRIPE**

Hwa Rang: First Half

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**

Hwa Rang: Second Half

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: Push-Ups and Punches (starting at 7)

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

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.