

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: One-Step & Self-Defense

Defense #1: Right Inside Crescent, Right Side Kick, Left Spin Side Kick. (Repeat opposite side)

Defense #2: Head Cover Defense

Defense #3: Push Kick

Defense #4: Front Push Defense (Parry and Backfall)

Defense #5: Mount Defense

[] BLUE STRIPE: Sparring Drills

Drill #1: Reverse Punch, Backfist

Drill #2: Eliminate the step up

Drill #3: Counter Hook Kick

Drill #4: Reading your opponent

Drill #5: Axe Kick

[] 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.