

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: 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 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