

YELLOW, ORANGE, GREEN – HIGH SIDE

“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.

Stripe Achievements

[] Yellow Stripe

- [] Single Inner Forearm Block
- [] Reverse Single Inner Forearm Block
- [] Square Block
- [] Inward Knifehand Strike
- [] Spear Thrust

[] Orange Stripe

- [] Double Side Kick
- [] Side/Round Kick Combo
- [] Slide Side Kick
- [] Spin Side Kick
- [] Hook Kick

[] Green Stripe

- [] One-Step #1: Left downward palm heel block, right high ridge hand strike, right round kick, left spin outside crescent kick, right round kick, Double Fist Block (Kihap)
- [] One-Step #2: Left double outer forearm block, right middle reverse punch, left high punch, right high ridge hand strike, left middle ridge hand strike, left high knifehand strike, step back right jump side kick, Double fist block (kihap)

[] Blue Stripe

- [] Right jump round kick (middle), right middle elbow strike, left spin middle elbow strike, right foot sweep, right downward punch (kihap).
- [] Wrist Grab (Straight & Cross Grab) + 3 Techniques

[] Red Stripe

- SET 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.
- SET 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

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

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.