**YELLOW, ORANGE, GREEN – May-August Testing Cycle**“When I was young, I had to learn the fundamentals. You can have all the physical ability in the world, but you still have to know the fundamentals” – Michael Jordan

***CURRICULUM*Form:** Dan Gun **Number of Moves:** 21 **Form Meaning:** Dan Gun named after legendary founder of Korea in 2333 B.C

[ ] ***WEEK 1-2: YELLOW STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Double Knifehand Block, Double Outer Forearm/“Double Fist Block”, Reverse Punch, Back Stance, Jump Front Kick

[ ] ***WEEK 3-4: RED STRIPE***Dan Gun Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 1: Left Double Knifehand Block, Right High Punch, Right Double Knifehand Block, Left High Punch
Section 2: Left Low Block, Right High Punch, Left High Punch, Right High Punch (Kihap)

Triple Impact Competitor Lesson **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

[ ] ***WEEK 5-6: GREEN STRIPE***Dan Gun One-Steps 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
One-Step #1: Right Jump Front Kick, Right High Back Fist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Right Double Outer Forearm Block (Kihap)
One-Step #2: Left Hight Inner Forearm Block, Left Side Kick, Left High Knifehand Strike, Right Reverse High Punch, Right Round Kick, Right Double Outer Forearm Block (Kihap)

[ ] ***WEEK 7-8: ORANGE STRIPE***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Square Block, Low/High Block Combo, Downward Back Fist, Spin Backfist, Axe Kick

[ ] ***WEEK 9-10: BLACK STRIPE***Dan Gun Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 3: Left Square Block, Right High Punch, Right Square Block, Left High Punch
Section 4: Left Low Block / Left High Block Combination, Right High Block, Left High Block, Right High Block (Kihap), Left High Knifehand Strike, Right High Punch, Right High Knifehand Strike, Left High Punch

[ ] ***WEEK 11-12: BLUE STRIPE***Dan Gun One-Steps 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**One-Step #3: Left Outside Crescent Kick, Right Side Kick, Left High Spinning Backfist, Left High Knifehand
One-Step #4 Wrist Grab (Cross Grab) Release + 3 Techniques

Triple Impact Competitor Lesson **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Fitness:*** 15 Pushups & 15 Sit Ups **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Rebreakable Board:*** Front Kick, Side Kick, Axe Kick **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Facts To Know***1. Five Tenets of Taekwondo: **Courtesy –** to be polite to others. **Integrity –** to be honest and good, earning respect and trust. **Perseverance –** stands for your internal drive to never give up. **Self-Control –** to control your body, emotions, and actions. **Indomitable Spirit –** to stand up for what you believe in, having courage in the face of adversity.
2. What does the Red and Black Stripe around the collar of a person’s uniform mean?
Red = Instructor in Training / Black = Certified Instructor
3. Why is form practice an important part of a martial artist’s training? – it is like an imaginary fight: 1) Builds correct and powerful techniques 2) Disciplines your body teaching one to breath correctly 3) Increases balance and good posture 4) Improves concentration and visualization skills.

**This Section is for Instructor Notes after Stripe Make-Up, Review Month, and/or Private Lessons**

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