**YELLOW, ORANGE, GREEN BELT
TRADITIONAL TAEKWONDO JANUARY-APRIL TESTING CYCLE**“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.

[ ] ***YELLOW STRIPE: Technique List 1***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Square Block, Inside Knifehand Strike, Side Punch, Axe Kick, Jump Front Kick

[ ] ***ORANGE STRIPE: Technique List 2***Techniques **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Reverse Inner Forearm Block, Foot Sweep, Side Break Fall

[ ] ***GREEN STRIPE: One-Step & Self-Defense*** **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
1. One-Step: Right Side Kick, R Tornado Inside Crescent Kick, Left Spin Side Kick. (Also, do opposite side)
2. Stand Up Defense: Push/Grab Defense (Standing & Pressed against wall/locker)
3. Stand to Ground Defense: Back Fall + Defensive Stand Up
4. Ground Defense: Defense against kicks + Mount + Takedown

[ ]  ***BLUE STRIPE: Fight Club Techniques (John Hackleman)* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**1. Liver Punch
2. Preemptive Strike
2. Escaping Headlock
3. Ice Blitz
4. Body Fold

[ ] ***RED STRIPE: First half of form***Won Hyo Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 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.
Section 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: Second half of form***Won Hyo Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Section 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.
Section 4: Right Side Kick (Kihap), Left Double Outer Forearm Block, Right Double Outer Forearm Block.

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

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

***Rebreakable Board:*** Hammer Fist, Palm Heel, Elbow Strike **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***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.