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**ORANGE / PURPLE BELT  
CURRICULUM A**

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**CORE BASICS**

Blocking	1 Hand Soo Do: Upward, Inside, Center, Downward
Striking	Backfist, Hammerfist
Kicking	Back Kick
Stance	Back Stance

**LINE DRILLS**

Stripe 1 #1	1 Hand Downward Soo Do-Back Stance, Rising Hammerfist-Horse Stance
Stripe 1 #2	<b>On Guard:</b> Turn Back Kick
Stripe 2 #1	1 Hand Center Soo Do-Back Stance, Reverse Horizontal Hammerfist-Forward Stance
Stripe 2 #2	<b>On Guard:</b> Cross Behind Back Kick
Stripe 3 #1	1 Hand Upward Soo Do-Back Stance, Drop Hammerfist
Stripe 3 #2	<b>On Guard:</b> Turn Back Kick-Backfist Strike
Stripe 4 #1	1 Hand Inside Soo Do, Horse Stance-Horizontal Hammerfist
Stripe 4 #2	<b>On Guard:</b> Cross Step Backfist-Back Kick

**FORM - Kicho Hyung Sum Bu (key-cho he-young some boo)**

Stripe 1 Section	1st 1/4
Stripe 2 Section	1st 1/2
Stripe 3 Section	1st 3/4
Stripe 4 Section	Entire Form

**SELF DEFENSE**

Stripe 1	<b>Lapel Grab:</b> "Steering Wheel"
Stripe 2	<b>Lapel Grab:</b> Wrist Flip, Front Kick
Stripe 3	<b>Lapel Grab:</b> Inside Block, Backfist
Stripe 4	<b>Lapel Grab:</b> Finger Poke, Violin

**1 STEP SPARRING**

Stripe 1	<b>Center Punch:</b> (closed 45°) Center Soo Do Block, Lead Roundhouse Kick-Back Kick
Stripe 2	<b>Center Punch:</b> (open or closed) Inside Soo Do Block-Horse Stance, Lead Side Kick, Backfist Strike-Forward Stance
Stripe 3	<b>Front Kick:</b> (open 45°) Downward Soo Do Block-Cat Stance, Snap Front Kick-Reverse Horizontal Hammerfist, Switch Horse Stance-Rising Vertical Hammerfist
Stripe 4	<b>Face Punch:</b> (open 45°) Upward Soo Do Block-Back Stance, Drop Hammerfist-Forward Stance, Switch Horse Stance-Horizontal Hammerfist, Retreating Back Kick

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**ORANGE / PURPLE BELT  
CURRICULUM A**

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**3 STEP SPARRING**

Stripe 1	<b>Shuffle Side Kick: Turn Back Kick-Backfist Counter</b>
Stripe 2	<b>Roundhouse Kick: Back Fist-Reverse Punch Counter</b>
Stripe 3	<b>Lunge Punch: 2 Technique Counter</b>
Stripe 4	<b>Front Kick: 2 Technique Counter</b>

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**BOARD BREAK CHALLENGE**

Hammerfist
Roundhouse Kick

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**ORANGE / PURPLE BELT  
CURRICULUM A - STRIPE 1**

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**CORE BASICS**

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Blocking	<b>1 Hand Soo Do:</b> Upward, Inside, Center, <b>Downward</b>
Striking	<b>Hammerfist</b>
Kicking	<b>Back Kick</b>
Stance	<b>Back Stance</b>

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**LINE DRILLS**

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Stripe 1 #1	1 Hand Downward Soo Do-Back Stance, Rising Hammerfist-Horse Stance
Stripe 1 #2	<b>On Guard:</b> Turn Back Kick

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**FORM - Kicho Hyung Sum Bu (key-cho he-young some boo)**

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Stripe 1 Section	1st 1/4
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**SELF DEFENSE**

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Stripe 1	<b>Lapel Grab:</b> "Steering Wheel"
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**1 STEP SPARRING**

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Stripe 1	<b>Center Punch:</b> (closed 45°) Center Soo Do Block, Lead Roundhouse Kick-Back Kick
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**3 STEP SPARRING**

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Stripe 1	<b>Shuffle Side Kick:</b> Turn Back Kick-Backfist Counter
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**ORANGE / PURPLE BELT  
CURRICULUM A - STRIPE 2**

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**CORE BASICS**

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Blocking	<b>1 Hand Soo Do:</b> Upward, Inside, <b>Center</b> , Downward
Striking	<b>Hammerfist</b>
Kicking	<b>Back Kick</b>
Stance	<b>Back Stance</b>

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**LINE DRILLS**

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Stripe 2 #1	1 Hand Center Soo Do-Back Stance, Reverse Horizontal Hammerfist-Forward Stance
Stripe 2 #2	<b>On Guard:</b> Cross Behind Back Kick

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**FORM - Kicho Hyung Sum Bu (key-cho he-young some boo)**

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Stripe 2 Section	1st 1/2
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**SELF DEFENSE**

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Stripe 2	<b>Lapel Grab:</b> Wrist Flip, Front Kick
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**1 STEP SPARRING**

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Stripe 2	<b>Center Punch:</b> (open or closed) Inside Soo Do Block-Horse Stance, Lead Side Kick, Backfist Strike-Forward Stance
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**3 STEP SPARRING**

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Stripe 2	<b>Roundhouse Kick: Back Fist-Reverse Punch Counter</b>
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**ORANGE / PURPLE BELT  
CURRICULUM A - STRIPE 3**

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**CORE BASICS**

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Blocking	<b>1 Hand Soo Do: Upward, Inside, Center, Downward</b>
Striking	<b>Hammerfist</b>
Kicking	<b>Back Kick</b>
Stance	<b>Back Stance</b>

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**LINE DRILLS**

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Stripe 3 #1	1 Hand Upward Soo Do-Back Stance, Drop Hammerfist
Stripe 3 #2	<b>On Guard:</b> Turn Back Kick-Backfist Strike

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**FORM - Kicho Hyung Sum Bu (key-cho he-young some boo)**

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Stripe 3 Section	1st 3/4
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**SELF DEFENSE**

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Stripe 3	<b>Lapel Grab:</b> Inside Block, Backfist
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**1 STEP SPARRING**

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Stripe 3	<b>Front Kick:</b> (open 45°) Downward Soo Do Block-Cat Stance, Snap Front Kick-Reverse Horizontal Hammerfist, Switch Horse Stance-Rising Vertical Hammerfist
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**3 STEP SPARRING**

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Stripe 3	<b>Lunge Punch: 2 Technique Counter</b>
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**ORANGE / PURPLE BELT  
CURRICULUM A - STRIPE 4**

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**CORE BASICS**

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Blocking	<b>1 Hand Soo Do:</b> Upward, <b>Inside</b> , Center, Downward
Striking	<b>Hammerfist</b>
Kicking	<b>Back Kick</b>
Stance	<b>Back Stance</b>

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**LINE DRILLS**

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Stripe 4 #1	1 Hand Inside Soo Do, Horse Stance-Horizontal Hammerfist
Stripe 4 #2	<b>On Guard:</b> Cross Step Backfist-Back Kick

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**FORM - Kicho Hyung Sum Bu (key-cho he-young some boo)**

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Stripe 4 Section	Entire Form
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**SELF DEFENSE**

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Stripe 4	<b>Lapel Grab:</b> Finger Poke, Violin
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**1 STEP SPARRING**

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Stripe 4	<b>Face Punch:</b> (open 45°) Upward Soo Do Block-Back Stance, Drop Hammerfist-Forward Stance, Switch Horse Stance-Horizontal Hammerfist, Retreating Back Kick
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**3 STEP SPARRING**

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Stripe 4	<b>Front Kick: 2 Technique Counter</b>
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**ORANGE / PURPLE BELT  
CURRICULUM A - EXAM**

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**LINE DRILLS**

Technique #1	1 Hand Downward Soo Do-Back Stance, Rising Hammerfist-Horse Stance
Technique #2	1 Hand Center Soo Do-Back Stance, Reverse Horizontal Hammerfist-Forward Stance
Technique #3	1 Hand Upward Soo Do-Back Stance, Drop Hammerfist
Technique #4	1 Hand Inside Soo Do, Horse Stance-Horizontal Hammerfist
Technique #5	<b>On Guard:</b> Turn Back Kick
Technique #6	<b>On Guard:</b> Cross Behind Back Kick
Technique #7	<b>On Guard:</b> Turn Back Kick-Backfist Strike
Technique #8	<b>On Guard:</b> Cross Step Backfist-Back Kick

**FORM - Kicho Hyung Sum Bu (key-cho he-young some boo)**

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**SELF DEFENSE**

Technique #1	<b>Lapel Grab:</b> "Steering Wheel"
Technique #2	<b>Lapel Grab:</b> Wrist Flip, Front Kick
Technique #3	<b>Lapel Grab:</b> Inside Block, Backfist
Technique #4	<b>Lapel Grab:</b> Finger Poke, Violin

**1 STEP SPARRING**

Technique #1	<b>Center Punch:</b> (closed 45°) Center Soo Do Block, Lead Roundhouse Kick-Back Kick
Technique #2	<b>Center Punch:</b> (open or closed) Inside Soo Do Block-Horse Stance, Lead Side Kick, Backfist Strike-Forward Stance
Technique #3	<b>Front Kick:</b> (open 45°) Downward Soo Do Block-Cat Stance, Snap Front Kick-Reverse Horizontal Hammerfist, Switch Horse Stance-Rising Vertical Hammerfist
Technique #4	<b>Face Punch:</b> (open 45°) Upward Soo Do Block-Back Stance, Drop Hammerfist-Forward Stance, Switch Horse Stance-Horizontal Hammerfist, Retreating Back Kick

**3 STEP SPARRING**

Technique #1	<b>Shuffle Side Kick: Turn Back Kick-Backfist Counter</b>
Technique #2	<b>Roundhouse Kick: Back Fist-Reverse Punch Counter</b>
Technique #3	<b>Lunge Punch: 2 Technique Counter</b>
Technique #4	<b>Front Kick: 2 Technique Counter</b>

**BOARD BREAK CHALLENGE**

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Hammerfist  
Roundhouse Kick

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