

# Traditional Korean Martial Arts Academy Belt Curriculum

## WHITE BELT REQUIREMENTS

Student's Name: FIRST \_\_\_\_\_ LAST \_\_\_\_\_ AGE \_\_\_\_\_

Date Enrolled: \_\_\_\_\_ Date Last Testing: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### ORANGE STRIPE

- **Punching Techniques:** High punch, middle punch, low punch.
- **Basic Stances:** Ridding stance. walking stance, L-stance.
- **Blocks:** Outer forearm block (OFB), lower block, middle block, rising block. Turn-Around with Forearm Guarding Block.

### BLUE STRIPE

- **Foot Techniques:** Front snap kick, side snap kick, turning kick.
- **1 Step Sparring Self Defense**  
(All blocks are outer forearm middle blocks) with 3 Techniques, Low/Middle/High Punches:
  1. Step left-foot forward, M-block left, then right M-reverse punch to (solar plexus).
  2. Step left-foot forward, M-block left, then right M-reverse punch to (solar plexus). then left front punch high to (philtrum).
  3. Step left-foot forward, M-block left, then right M-reverse punch to (solar plexus), then right front punch high to (philtrum), then right reverse punch low to (groin).

*All 1 step finish with "clear to a guarding position".*
- **Releases & Grabs:**  
Lapel grab, shoulder grab, elbow grab, wrist grab.

### RED STRIPE

- **Pattern:** 4 Directional punch.
- **Kicking Combination:**  
Right side kick.  
Left back side kick.  
Right turning kick.  
Front Punch  
Turn-around.  
Repeat.
- **Board Breaking Technique:**  
Side kick.
- **Terminology:**  
Sa Bum Nim: (Chief Instructor), Taekwondo Tenets, Student Creed.
- **Home Rules:** 1st "3" Children's Home Rules.
- **Fitness Skills:** As directed by instructor.

### INSTRUCTOR NOTES:

### Required Attendance

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**ORANGE STRIPE**   
Instructor Approval Signature

**BLUE STRIPE**   
Instructor Approval Signature

**RED STRIPE**   
Instructor Approval Signature