

Traditional Korean Martial Arts Academy Belt Curriculum

YELLOW STRIPE REQUIREMENTS

Student's Name: FIRST _____ LAST _____ AGE _____

Date Enrolled: _____ Date Last Testing: _____ Phone: _____ Email: _____

ORANGE STRIPE All previous requirements. Ridding stance side punch. Inner forearm outer block (IFOB). Reverse punch. 4 basic blocks and 4 basic attacks.

BLUE STRIPE

• **Foot Technique:**

Reverse turning kick, Jumping front snap kick.

• **1 Step Sparring Self Defense**

(All blocks are outer forearm middle blocks) 5 Techniques

Low/Middle/High Strikes.

1. Step left-foot forward, M-block left, then ridgehand strike with the right hand to the temple.

2. Step right-foot backward, M-block left, then right front kick to middle section, then right high front punch.

3. Step right-foot backward, M-block left, then right front kick to low section, then right middle section front punch.

All 1 Step finish with "clearing to a guarding block position".

• **Board Breaking Technique:**

Downward hammer fist.

• **Releases & Grabs:**

1st and 2nd hair grab, throat grab.

RED STRIPE:

• **Pattern: Tul: Chon-Ji – 19 Movements.**

Chon-Ji Definition: Literally means the beginning of heaven and earth.

consists of 2 similar parts; one represents heaven, and the other the earth.

• **Kicking Combination:**

Step right foot back to L-stance, forearm guarding block.

Right turning kick.

Left back side kick.

Right back side kick.

Front punch high.

Reverse punch middle.

Turn-around.

Repeat.

• **Terminology:** Count to 10 in Korean.

hana • dool • set • net • da sut • ya sut • il gop • ya dul • ah hop • yul

• **Juniors:** 1st (6) Children's Home Rules.

• **Fitness Skills:** 45 sec plank, 15 pushups, 30 crunches, 40 squats.

Required Attendance

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INSTRUCTOR NOTES:

ORANGE STRIPE
Instructor Approval Signature

BLUE STRIPE
Instructor Approval Signature

RED STRIPE
Instructor Approval Signature