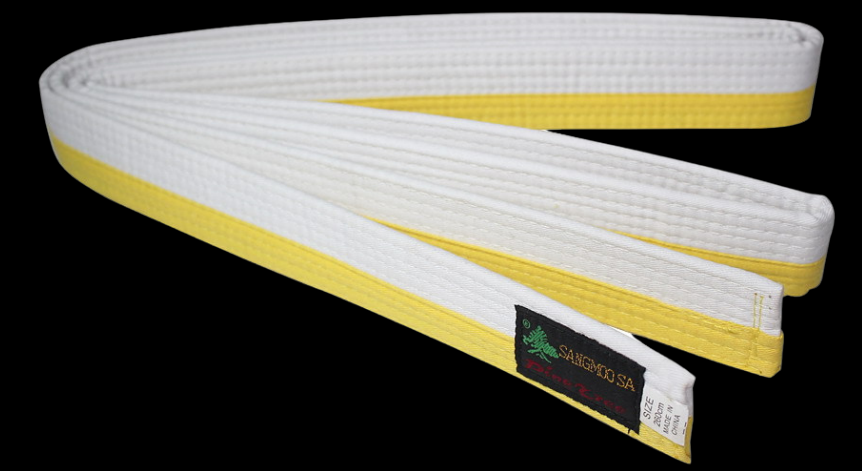


HALF YELLOW BELT CURRICULUM



BLUE STRIPES

THE PHYSICAL TEST

Running 12 Laps around the big ring
17- Jumping Lunges (Walking Stances)
12 - Proper Push ups (from belly on floor)
12 - Proper Sit Ups (instructor holds ankles)
12 - Proper Squats

THE TECHNICAL TEST

Side Piercing Kick (front leg)
Pattern Chon-Ji (first 12 movements)
Movement Drill #1
Combo - Side Piercing Kick & 2-Punches
** kick is performed with the front leg*
Side Break Fall

THE ORAL TEST

Meaning of Chon-Ji (basic version)

RED STRIPES

THE PHYSICAL TEST

Running 13 Laps around the big ring
18- Jumping Lunges (Walking Stances)
13 - Proper Push ups (from belly on floor)
13 - Proper Sit Ups (instructor holds ankles)
13 - Proper Squats

THE TECHNICAL TEST

Side Piercing Kick (rear leg)
Pattern Chon-Ji (first 16-movements)
Three Step Sparring #2
Movement Drill #2
Release & Counter a Front Choke

THE ORAL TEST

Meaning of Chon-Ji (intermediate version)

BLACK STRIPES

THE PHYSICAL TEST

Running 15 Laps around the big ring
20- Jumping Lunges (Walking Stances)
15 - Proper Push ups (from belly on floor)
15 - Proper Sit Ups (instructor holds ankles)
15 - Proper Squats

THE TECHNICAL TEST

All Fundamentals (white belt & half yellow)
All Kicking drills (white belt & half yellow)
Four Direction Punch, Block & Chon-Ji
Three Step Sparring #1 - #4
Movement Drills #1 & #2
Wrist Releases & Choke Defense
Front, Back & Side Break Falls

THE ORAL TEST

Meaning of Chon-Ji
Meaning of White Belt
Who is the founder of Taekwon-Do

* Please note that students must also practice the material below their level (as they will also be tested on this)