

PRE-SKILL BELT MOVES

Rank specific techniques and requirements for advancement. Depending upon student's age and belt level he/she will be able to transition out of the pre-skill curriculum into the standard at various points in the training.

White Belt

(All blocks/strikes performed twice in a horse stance and in sequence)

(Kicks are performed twice each in a defensive stance)

(#1 Kicks are front leg, #2 Kicks are back leg)

Stances:

1. Attention Stance (Cheryut)
2. Ready Stance (Choonbi)
3. Middle/Horse Stance
4. Defensive/Sparring Stance

Blocks & Strikes:

1. High block
2. Inside block
3. Low block
4. Middle Punch (kiup)

Kicks:

#1 & #2 Front Kicks (kiup)

White/Orange Stripe

Form:

Kee Cho One (First 8 Moves)

Stances:

Front Stance (w/ walking)

Blocks & Strikes:

1. Outside Block
2. Twin outside block
3. Low Punch
4. High Palm Hand (kiup)

Kicks:

#1 & #2 Round Kicks

White/Yellow Stripe Belt

Form:

Kee Cho One (Complete Form)

Stances:

Back Stance

Blocks & Strikes:

1. Double shuto block
2. Double fist block
3. Knife hand strike
4. Hammer strike (kiup)

Kicks:

#1 & #3 Side Kicks

White/Green Stripe Belt

Form:

Kee Cho One (w/ high blocks, complete form)

Strikes:

Downward Hammer Fist

Kicks:

Jump Front Kick

One-Steps:

(Traditional One-Steps) Attacker Front Stance/Low Block

1. Hand - High Block, Punch, Punch (Front Stance)
2. Foot - Front Kick (#1 & #2) (Front Stance)

White/Blue Stripe Belt

Form:

Kee Chow Two (complete form)

Kicks:

Inside and Outside Crescent Kick

One-Steps:

(Traditional One-Steps) Attacker Front Stance/Low Block

1. Hand - Inside Block, Knife-Hand, Reverse Punch (Back Stance)
2. Foot – Round Kick (#1 & #2) (Back Stance)
3. Combo – Inside Block, #1 Front Kick, Reverse Punch, #2 Round Kick (Back Stance)

Board Breaks:

Palm Hand & Front Kick

Sparring: One step sparring, alternating combinations

(*Transition to Standard Curriculum Yellow Belt)

White/Brown Stripe Belt

Form:

Dan Gun

Stance:

Cat Stance

Strikes:

Twin Punch
Twin Back fist/Low Punch Strikes

Kicks:

#2 Side Kick

Board Breaks:

Front Elbow & Side Kick

Sparring: Free Style Sparring

(*Transition to Standard Curriculum Yellow 2 Belt)

White/Red Stripe Belt

Form:

Pyung Ahn One

Strike:

Back fist strike

Support Horizontal Spear Hand

Kick:

Jump Round Kick

Board Breaks:

Hammer Fist & Jump Front Kick

Sparring: Free Style Sparring

(*Transition to Standard Curriculum Green Belt)