

# MARTIAL ARTS AMERICA

## Basic Skills Curriculum For White, Gold, Orange, & Green Belts

### Basic Skills Curriculum

#### In Guard Stance

Jab \_\_\_\_\_

Cross \_\_\_\_\_

#### In Horse Riding Stance

##### Strikes

Traditional punch \_\_\_\_\_

Knifehand \_\_\_\_\_

Reverse Knifehand \_\_\_\_\_

Palm \_\_\_\_\_

Backfist \_\_\_\_\_

Ridgehand \_\_\_\_\_

Spearhand \_\_\_\_\_

Hammerfist \_\_\_\_\_

##### Blocks

High \_\_\_\_\_

Inside \_\_\_\_\_

Down/low \_\_\_\_\_

Outside \_\_\_\_\_

Push \_\_\_\_\_

#### Advancing & Retreating Stances

Front \_\_\_\_\_

Back \_\_\_\_\_

Students Name: \_\_\_\_\_

These are the basic traditional skills you will need to know and demonstrate in order to earn your Tae Kwon do Flame patch and be able to participate in the Black Belt training(weapons) portion of class. (Optional) You can also purchase black pants once you earn your patch.

If you don't know or understand any of these skills, talk to one of your instructors they will gladly help you.

You MUST know the chamber and ending position for each technique PLUS the blocking or striking surface for each.

The instructors will be testing students during regular class when they have the knowledge and skills.

If your goal is to earn your Black Belt someday in the future, this will be your first step. These are the skills we will focus on during the second half of every basic class.

#### VERY IMPORTANT

You must also be demonstrating Black Belt focus, attitude, respect & discipline at home & school to be eligible for Black Belt training.

Good luck on your journey to Black Belt & beyond.

When you have completed all of your requirements ask your instructor to sign and date your form below.

Instructor Recommendation Signature & Date

Date \_\_\_\_\_

After you have completed all of the requirements and have it signed by your instructor, turn this form in to Master Krenz.