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**ORANGE / PURPLE BELT  
CURRICULUM B**

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**CORE BASICS**

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|          |   |
|----------|---|
| Blocking | 2 Hand Soo Do: Upward, Center, Downward |
| Striking | Soo Do, Ridgehand, Palm Heel            |
| Kicking  | Hook Kick                               |
| Stance   | Cat Stance, L Stance                    |

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**LINE DRILLS**

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|             |   |
|-------------|---|
| Stripe 1 #1 | Downward Block-Forward Stance, Snap Release-L Stance-Drop Hammerfist                                  |
| Stripe 1 #2 | 2 Hand Upward Soo Do Block-Cat Stance, Forward Stance-Reverse Palm Heel Strike                        |
| Stripe 2 #1 | Downward Block-Forward Stance-Outside Soo Do Block, Step Forward-Forward Stance-Upward Block          |
| Stripe 2 #2 | 2 Hand Center Soo Do Block-Cat Stance, Forward Stance-Reverse Horizontal Soo Do Strike                |
| Stripe 3 #1 | 2 Hand Downward Soo Do Block-Cat Stance, Forward Stance-Reverse Ridgehand Strike-Rising Soo Do Strike |
| Stripe 3 #2 | <b>On Guard:</b> Lead Hook Kick-Backfist  |
| Stripe 4 #1 | <b>On Guard:</b> Cross Step Hook Kick-Reverse Ridgehand   |
| Stripe 4 #2 | <b>On Guard:</b> Roundhouse Kick-Turn Hook Kick   |

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**FORM - Pyung Ahn Cho Dan (pea-young on cho don)**

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|                  |             |
|------------------|-------------|
| Stripe 1 Section | 1st 1/4     |
| Stripe 2 Section | 1st 1/2     |
| Stripe 3 Section | 1st 3/4     |
| Stripe 4 Section | Entire Form |

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**SELF DEFENSE**

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|          |   |
|----------|---|
| Stripe 1 | <b>Bear Hug:</b> Foot Stomp, Horse Stance Escape, Elbow, Hammerfist, Backfist |
| Stripe 2 | <b>Bear Hug:</b> Hip Strike, Head Butt, Back Kick                             |
| Stripe 3 | <b>Rear Choke, Arm Lock:</b> Elbow, Wrist Flip, Front Kick                    |
| Stripe 4 | <b>Head Lock:</b> Groin Strike, Wrist Check, Arm Bar                          |

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**HYUNG APPLICATIONS**

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|                       |   |
|-----------------------|---|
| Cho Dan #1 (stripe 1) | <b>Stomach Punch: (open 45°)</b> Forward Stance-Downward Block, ( <b>Front Kick</b> ) Inside Low Parry-L Stance-Drop Hammerfist                   |
| Cho Dan #2 (stripe 2) | <b>Front Kick: (open 45°)</b> Forward Stance, Downward Block, ( <b>Jab</b> ) Soo Do Block, Step, Rising Arm Bar                                   |
| Youth                 | <b>Front Kick: (open 45°)</b> Forward Stance-Downward Block, ( <b>Jab</b> ) Outside Soo Do Block, Step, Forward Stance-Rising Vertical Hammerfist |

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**ORANGE / PURPLE BELT  
CURRICULUM B**

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**1 STEP SPARRING**

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|          |   |
|----------|---|
| Stripe 2 | <b>Face Punch:</b> 2 Hand Upward Soo Do Block-Cat Stance, Lead Hook Kick-Reverse Drop Soo Do Strike-Forward Stance                    |
| Stripe 3 | <b>Center Punch:</b> (open 45°) 2 Hand Center Soo Do Block-Cat Stance, Lead Side Kick-Reverse Horizontal Soo Do Strike-Forward Stance |
| Stripe 4 | <b>Front Kick:</b> (open 45°) 2 Hand Downward Soo Do Block-Cat Stance, Snap Front Kick-Forward Stance-Reverse Ridgehand Strike        |

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**3 STEP SPARRING**

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|          |   |
|----------|---|
| Stripe 1 | <b>Shuffle Side Kick:</b> Reverse Ridgehand Counter |
| Stripe 2 | <b>Roundhouse Kick:</b> Lead Hook Kick Counter      |
| Stripe 3 | <b>Ridgehand:</b> 2 Technique Counter               |
| Stripe 4 | <b>Hook Kick:</b> 2 Technique Counter               |

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**BOARD BREAK CHALLENGE**

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Back Kick

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Palm Heel

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**ORANGE / PURPLE BELT  
CURRICULUM B - STRIPE 1**

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**CORE BASICS**

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|          |   |
|----------|---|
| Blocking | <b>2 Hand Soo Do:</b> Upward, Center, <b>Downward</b> |
| Striking | Soo Do, Ridgehand, <b>Palm Heel</b>                   |
| Kicking  | Hook Kick   |
| Stance   | Cat Stance, <b>L Stance</b>                           |

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**LINE DRILLS**

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|             |  |
|-------------|--|
| Stripe 1 #1 | Downward Block-Forward Stance, Snap Release-L Stance-Drop Hammerfist           |
| Stripe 1 #2 | 2 Hand Upward Soo Do Block-Cat Stance, Forward Stance-Reverse Palm Heel Strike |

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**FORM - Pyung Ahn Cho Dan (pea-young on cho don)**

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|                  |         |
|------------------|---------|
| Stripe 1 Section | 1st 1/4 |
|------------------|---------|

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**SELF DEFENSE**

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|          |   |
|----------|---|
| Stripe 1 | <b>Bear Hug:</b> Foot Stomp, Horse Stance Escape, Elbow, Hammerfist, Backfist |
|----------|---|

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**HYUNG APPLICATIONS**

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|                       |   |
|-----------------------|---|
| Cho Dan #1 (stripe 1) | <b>Stomach Punch: (open 45°)</b> Forward Stance-Downward Block, ( <b>Front Kick</b> ) Inside Low Parry-L Stance-Drop Hammerfist |
|-----------------------|---|

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**3 STEP SPARRING**

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|          |   |
|----------|---|
| Stripe 1 | <b>Shuffle Side Kick:</b> Reverse Ridgehand Counter |
|----------|---|

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**ORANGE / PURPLE BELT  
CURRICULUM B - STRIPE 2**

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**CORE BASICS**

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|          |  |
|----------|--|
| Blocking | <b>2 Hand Soo Do:</b> Upward, <b>Center</b> , Downward |
| Striking | <b>Soo Do</b> , Ridgehand, Palm Heel                   |
| Kicking  | Hook Kick  |
| Stance   | <b>Cat Stance</b> , L Stance                           |

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**LINE DRILLS**

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|             |  |
|-------------|--|
| Stripe 2 #1 | Downward Block-Forward Stance-Outside Soo Do Block, Step Forward-Forward Stance-Upward Block |
| Stripe 2 #2 | 2 Hand Center Soo Do Block-Cat Stance, Forward Stance-Reverse Horizontal Soo Do Strike       |

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**FORM - Pyung Ahn Cho Dan (pea-young on cho don)**

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|                  |         |
|------------------|---------|
| Stripe 2 Section | 1st 1/2 |
|------------------|---------|

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**SELF DEFENSE**

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|              |   |
|--------------|---|
| Technique #2 | <b>Bear Hug:</b> Hip Strike, Head Butt, Back Kick |
|--------------|---|

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**HYUNG APPLICATIONS**

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|            |   |
|------------|---|
| Cho Dan #2 | <b>Front Kick:</b> (open 45°) Forward Stance, Downward Block, ( <b>Jab</b> ) Soo Do Block, Step, Rising Arm Bar                                   |
| Youth      | <b>Front Kick:</b> (open 45°) Forward Stance-Downward Block, ( <b>Jab</b> ) Outside Soo Do Block, Step, Forward Stance-Rising Vertical Hammerfist |

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**1 STEP SPARRING**

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|          |  |
|----------|--|
| Stripe 2 | <b>Face Punch:</b> 2 Hand Upward Soo Do Block-Cat Stance, Lead Hook Kick-Reverse Drop Soo Do Strike-Forward Stance |
|----------|--|

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**3 STEP SPARRING**

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|          |  |
|----------|--|
| Stripe 2 | <b>Roundhouse Kick:</b> Lead Hook Kick Counter |
|----------|--|

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**ORANGE / PURPLE BELT  
CURRICULUM B - STRIPE 3**

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**CORE BASICS**

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|          |   |
|----------|---|
| Blocking | <b>2 Hand Soo Do:</b> Upward, Center, <b>Downward</b> |
| Striking | <b>Soo Do, Ridgehand,</b> Palm Heel                   |
| Kicking  | <b>Hook Kick</b>                                      |
| Stance   | <b>Cat Stance,</b> L Stance                           |

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**LINE DRILLS**

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|             |   |
|-------------|---|
| Stripe 3 #1 | 2 Hand Downward Soo Do Block-Cat Stance, Forward Stance-Reverse Ridgehand Strike-Rising Soo Do Strike |
| Stripe 3 #2 | <b>On Guard:</b> Lead Hook Kick-Backfist  |

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**FORM - Pyung Ahn Cho Dan (pea-young on cho don)**

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|                  |         |
|------------------|---------|
| Stripe 3 Section | 1st 3/4 |
|------------------|---------|

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**SELF DEFENSE**

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|          |  |
|----------|--|
| Stripe 3 | <b>Rear Choke, Arm Lock:</b> Elbow, Wrist Flip, Front Kick |
|----------|--|

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**1 STEP SPARRING**

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|          |   |
|----------|---|
| Stripe 3 | <b>Center Punch:</b> (open 45°) 2 Hand Center Soo Do Block-Cat Stance, Lead Side Kick-Reverse Horizontal Soo Do Strike-Forward Stance |
|----------|---|

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**3 STEP SPARRING**

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|          |                                       |
|----------|---------------------------------------|
| Stripe 3 | <b>Ridgehand:</b> 2 Technique Counter |
|----------|---------------------------------------|

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**ORANGE / PURPLE BELT  
CURRICULUM B - STRIPE 4**

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**CORE BASICS**

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|          |   |
|----------|---|
| Blocking | <b>2 Hand Soo Do:</b> Upward, Center, <b>Downward</b> |
| Striking | Soo Do, <b>Ridgehand</b> , Palm Heel                  |
| Kicking  | <b>Hook Kick</b>                                      |
| Stance   | <b>Cat Stance</b> , L Stance                          |

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**LINE DRILLS**

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|             |   |
|-------------|---|
| Stripe 4 #1 | <b>On Guard:</b> Cross Step Hook Kick-Reverse Ridgehand |
| Stripe 4 #2 | <b>On Guard:</b> Roundhouse Kick-Turn Hook Kick         |

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**FORM - Pyung Ahn Cho Dan (pea-young on cho don)**

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|                  |             |
|------------------|-------------|
| Stripe 4 Section | Entire Form |
|------------------|-------------|

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**SELF DEFENSE**

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|          |  |
|----------|--|
| Stripe 4 | <b>Head Lock:</b> Groin Strike, Wrist Check, Arm Bar |
|----------|--|

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**1 STEP SPARRING**

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|          |  |
|----------|--|
| Stripe 4 | <b>Front Kick:</b> (open 45°) 2 Hand Downward Soo Do Block-Cat Stance, Snap Front Kick-Forward Stance-Reverse Ridgehand Strike |
|----------|--|

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**3 STEP SPARRING**

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|          |                                       |
|----------|---------------------------------------|
| Stripe 4 | <b>Hook Kick:</b> 2 Technique Counter |
|----------|---------------------------------------|

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**ORANGE / PURPLE BELT  
CURRICULUM B - EXAM**

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**LINE DRILLS**

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|              |   |
|--------------|---|
| Technique #1 | Downward Block-Forward Stance, Snap Release-L Stance-Drop Hammerfist                                  |
| Technique #2 | 2 Hand Upward Soo Do Block-Cat Stance, Forward Stance-Reverse Palm Heel Strike                        |
| Technique #3 | Downward Block-Forward Stance-Outside Soo Do Block, Step Forward-Forward Stance-Upward Block          |
| Technique #4 | 2 Hand Center Soo Do Block-Cat Stance, Forward Stance-Reverse Horizontal Soo Do Strike                |
| Technique #5 | 2 Hand Downward Soo Do Block-Cat Stance, Forward Stance-Reverse Ridgehand Strike-Rising Soo Do Strike |
| Technique #6 | <b>On Guard:</b> Lead Hook Kick-Backfist  |
| Technique #7 | <b>On Guard:</b> Cross Step Hook Kick-Reverse Ridgehand   |
| Technique #8 | <b>On Guard:</b> Roundhouse Kick-Turn Hook Kick   |

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**FORM - Pyung Ahn Cho Dan (pea-young on cho don)**

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**SELF DEFENSE**

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|              |   |
|--------------|---|
| Technique #1 | <b>Bear Hug:</b> Foot Stomp, Horse Stance Escape, Elbow, Hammerfist, Backfist |
| Technique #2 | <b>Bear Hug:</b> Hip Strike, Head Butt, Back Kick                             |
| Technique #3 | <b>Rear Choke, Arm Lock:</b> Elbow, Wrist Flip, Front Kick                    |
| Technique #4 | <b>Head Lock:</b> Groin Strike, Wrist Check, Arm Bar                          |

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**HYUNG APPLICATIONS**

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|            |   |
|------------|---|
| Cho Dan #1 | <b>Stomach Punch: (open 45°)</b> Forward Stance-Downward Block, ( <b>Front Kick</b> ) Inside Low Parry-L Stance-Drop Hammerfist                   |
| Cho Dan #2 | <b>Front Kick: (open 45°)</b> Forward Stance, Downward Block, ( <b>Jab</b> ) Soo Do Block, Step, Rising Arm Bar                                   |
| Youth      | <b>Front Kick: (open 45°)</b> Forward Stance-Downward Block, ( <b>Jab</b> ) Outside Soo Do Block, Step, Forward Stance-Rising Vertical Hammerfist |

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**1 STEP SPARRING**

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|              |   |
|--------------|---|
| Technique #1 | <b>Face Punch:</b> 2 Hand Upward Soo Do Block-Cat Stance, Lead Hook Kick-Reverse Drop Soo Do Strike-Forward Stance                    |
| Technique #2 | <b>Center Punch: (open 45°)</b> 2 Hand Center Soo Do Block-Cat Stance, Lead Side Kick-Reverse Horizontal Soo Do Strike-Forward Stance |
| Technique #3 | <b>Front Kick: (open 45°)</b> 2 Hand Downward Soo Do Block-Cat Stance, Snap Front Kick-Forward Stance-Reverse Ridgehand Strike        |

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ORANGE / PURPLE BELT  
CURRICULUM B - EXAM

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**3 STEP SPARRING**

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|              |   |
|--------------|---|
| Technique #1 | <b>Shuffle Side Kick:</b> Reverse Ridgehand Counter |
| Technique #2 | <b>Roundhouse Kick:</b> Lead Hook Kick Counter      |
| Technique #3 | <b>Ridgehand:</b> 2 Technique Counter               |
| Technique #4 | <b>Hook Kick:</b> 2 Technique Counter               |

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**BOARD BREAK CHALLENGE**

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Back Kick  
Palm Heel

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