

Red Belt Curriculum

RED BELT CURRICULUM A

CORE BASICS

Blocking

Striking

Kicking Single Leg Jump Side Kick, Switch Back Kick, Spring Hook Kick, Turning Jump Side Kick

Stances

LINE DRILLS

Stripe 1 **On Guard:** Single Leg Jump Side Kick, Reverse Punch

Stripe 2 **On Guard:** Switch Back Kick, Back Fist Strike

Stripe 3 **On Guard:** Spring Hook Kick, Reverse Ridgehand Strike

Stripe 4 **On Guard:** Turning Jump Side Kick

FORM - Pyung Ahn Oh Dan

Stripe 1 Section 1st 1/4

Stripe 2 Section 1st 1/2

Stripe 3 Section 1st 3/4

Stripe 4 Section Entire Form

STICK DEFENSE - High & Mid Strikes

Stripe 1 Block-Counter-Disarm

Stripe 2 **Forehand Strike:** Inside Check/Strike Block, #3 Disarm (snake) & Soo Do Strike, Neck Hook-Vertical Knee, Spin Takedown, Drop Knee Strike

Stripe 3 **Backhand Strike:** Capture- Slap Disarm, Reverse Ridgehand, Reverse Horizontal Knee Strike, Rear Naked Choke

Stripe 4 **Forehand Strike:** Inside Check/Front Kick, Vertical Elbow (chin), Arm Bar/ Standing Center Lock

HYUNG APPLICATION

Oh Dan #1 **Center Punch:** (open 45°) Back Stance-Outside Block-Hook Punch, Step Forward Feet Together-Spin Throw

Oh Dan #2 **Front Kick:** (Open) Forward Stance-Low Cross Block, (**Jab**): High Open Hand Cross Block, Wrist Capture & Soo Do Strike, Step Forward-Sweep Takedown

Oh Dan #3 **Front Kick:** Inside Crescent Kick Block, Horse Stance-Horizontal Elbow Strike, Rear Cross Step (45°)-Drop Backfist Strike

Oh Dan #4 **Front Kick, Jab:** (Open 45o) Crane Stance-Downward Block, Inside Open Hand Parry-Forward Stance-Vertical Spearhand, Check Hip-Ankle Capture, Back Stance-Ankle/Hip Takedown

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1 STEP SPARRING

Stripe 1	Center Punch: Single Leg Jump Side Kick- Reverse Punch
Stripe 2	Center Punch: Switch Back Kick-Backfist Strike
Stripe 3	Center Punch: Spring Hook Kick-Reverse Ridgehand Strike
Stripe 4	Roundhouse Kick: Turning Jump Side Kick

3 STEP SPARRING

Stripe 1	Any 3 Attacks: 3 Counters incl Single leg Jump Side Kick
Stripe 2	Any 3 Attacks: 3 Counters incl Switch Back Kick
Stripe 3	Any 3 Attacks: 3 Counters incl Spring Hook Kick
Stripe 4	Any 3 Attacks: 3 Counters incl Turning Jump Side Kick

SPARRING

Semi Spar	Attack until Countered: Minimum 3 Counters
Sparring	1 Vs 1

BOARD BREAK CHALLENGE

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RED BELT CURRICULUM A - STRIPE 1

LINE DRILLS

Stripe 1	On Guard: Single Leg Jump Side Kick, Reverse Punch
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FORM - Pyung Ahn Oh Dan

Stripe 1 Section	1st 1/4
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STICK DEFENSE - High & Mid Strikes

Stripe 1	Block-Counter-Disarm
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HYUNG APPLICATION

Oh Dan #1	Center Punch: (open 45°) Back Stance-Outside Block-Hook Punch, Step Forward Feet Together-Spin Throw
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1 STEP SPARRING

Stripe 1	Center Punch: Single Leg Jump Side Kick- Reverse Punch
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3 STEP SPARRING

Stripe 1	Any 3 Attacks: 3 Counters incl Single Leg Jump Side Kick
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SPARRING

Semi Spar	Attack until Countered: Minimum 3 Counters
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RED BELT CURRICULUM A - STRIPE 2

LINE DRILLS

Stripe 2 **On Guard:** Switch Back Kick, Back Fist Strike

FORM - Pyung Ahn Oh Dan

Stripe 2 Section 1st 1/2

STICK DEFENSE - High & Mid Strikes

Stripe 2 **Forehand Strike:** Inside Check/Strike Block, #3 Disarm (snake) & Soo Do Strike,
Neck Hook-Vertical Knee, Spin Takedown, Drop Knee Strike

HYUNG APPLICATION

Oh Dan #2 **Front Kick:** (Open) Forward Stance-Low Cross Block, **(Jab):** High Open Hand Cross
Block, Wrist Capture & Soo Do Strike, Step Forward-Sweep Takedown

1 STEP SPARRING

Stripe 2 **Center Punch:** Switch Back Kick-Backfist Strike

3 STEP SPARRING

Stripe 2 **Any 3 Attacks:** 3 Counters incl Switch Back Kick

SPARRING

Semi Spar **Attack until Countered:** Minimum 3 Counters

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RED BELT CURRICULUM A - STRIPE 3

LINE DRILLS

Stripe 3	On Guard: Spring Hook Kick, Reverse Ridgehand Strike
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FORM - Pyung Ahn Oh Dan

Stripe 3 Section	1st 3/4
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STICK DEFENSE - High & Mid Strikes

Stripe 3	Backhand Strike: Capture- Slap Disarm, Reverse Ridgehand, Reverse Horizontal Knee Strike, Rear Naked Choke
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HYUNG APPLICATION

Oh Dan #3	Front Kick: Inside Crescent Kick Block, Horse Stance-Horizontal Elbow Strike, Rear Cross Step (45°)-Drop Backfist Strike
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1 STEP SPARRING

Stripe 3	Center Punch: Spring Hook Kick-Reverse Ridgehand Strike
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3 STEP SPARRING

Stripe 3	Any 3 Attacks: 3 Counters incl Spring Hook Kick
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SPARRING

Semi Spar	Attack until Countered: Minimum 3 Counters
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RED BELT CURRICULUM A - STRIPE 4

LINE DRILLS

Stripe 4	On Guard: Turning Jump Side Kick
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FORM - Pyung Ahn Oh Dan

Stripe 4 Section	Entire Form
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STICK DEFENSE - High & Mid Strikes

Stripe 4	Forehand Strike: Inside Check/Front Kick, Vertical Elbow (chin), Arm Bar/ Standing Center Lock
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HYUNG APPLICATION

Oh Dan #4	Front Kick, Jab: (Open 45o) Crane Stance-Downward Block, Inside Open Hand Parry-Forward Stance-Vertical Spearhand, Check Hip-Ankle Capture, Back Stance- Ankle/Hip Takedown
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1 STEP SPARRING

Stripe 4	Roundhouse Kick: Turning Jump Side Kick
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3 STEP SPARRING

Stripe 4	Any 3 Attacks: 3 Counters incl Turning Jump Side Kick
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SPARRING

Semi Spar	Attack until Countered: Minimum 3 Counters
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Red Belt Curriculum

RED BELT CURRICULUM A - EXAM

LINE DRILLS

Technique #1	On Guard: Single Leg Jump Side Kick, Reverse Punch
Technique #2	On Guard: Switch Back Kick, Back Fist Strike
Technique #3	On Guard: Spring Hook Kick, Reverse Ridgehand Strike
Technique #4	On Guard: Turning Jump Side Kick

FORM - Pyung Ahn Oh Dan

STICK DEFENSE - High & Mid Strikes

Stick Defense #1	Block-Counter-Disarm
Stick Defense #2	Forehand Strike: Inside Check/Strike Block, #3 Disarm (snake) & Soo Do Strike, Neck Hook-Vertical Knee, Spin Takedown, Drop Knee Strike
Stick Defense #3	Backhand Strike: Capture- Slap Disarm, Reverse Ridgehand, Reverse Horizontal Knee Strike, Rear Naked Choke
Stick Defense #4	Forehand Strike: Inside Check/Front Kick, Vertical Elbow (chin), Arm Bar/ Standing Center Lock

HYUNG APPLICATION

Oh Dan #1	Center Punch: (open 45°) Back Stance-Outside Block-Hook Punch, Step Forward Feet Together-Spin Throw
Oh Dan #2	Front Kick: (Open) Forward Stance-Low Cross Block, (Jab): High Open Hand Cross Block, Wrist Capture & Soo Do Strike, Step Forward-Sweep Takedown
Oh Dan #3	Front Kick: Inside Crescent Kick Block, Horse Stance-Horizontal Elbow Strike, Rear Cross Step (45°)-Drop Backfist Strike
Oh Dan #4	Front Kick, Jab: (Open 45o) Crane Stance-Downward Block, Inside Open Hand Parry-Forward Stance-Vertical Spearhand, Check Hip-Ankle Capture, Back Stance-Ankle/Hip Takedown

1 STEP SPARRING

1 Step #1	Center Punch: Single Leg Jump Side Kick- Reverse Punch
1 Step #2	Center Punch: Switch Back Kick-Backfist Strike
1 Step #3	Center Punch: Spring Hook Kick-Reverse Ridgehand Strike
1 Step #4	Roundhouse Kick: Turning Jump Side Kick

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RED BELT CURRICULUM A - EXAM

3 STEP SPARRING

3 Step #1 **Any 3 Attacks:** 3 Counters incl Single leg Jump Side Kick

3 Step #2 **Any 3 Attacks:** 3 Counters incl Switch Back Kick

3 Step #3 **Any 3 Attacks:** 3 Counters incl Spring Hook Kick

3 Step #4 **Any 3 Attacks:** 3 Counters incl Turning Jump Side Kick

SPARRING

Semi Spar **Attack until Countered:** Minimum 3 Counters

Sparring **1 Vs 1**

BOARD BREAK CHALLENGE
