

Red Belt Curriculum

RED BELT CURRICULUM B

CORE BASICS

Blocking

Striking

Kicking Turning Jump Outside Crescent Kick, Turning Jump Outside Ax Kick, Tornado Kick,
Turning Jump Roundhouse Kick

Stances

LINE DRILLS

Stripe 1 **On Guard:** Turning Jump Outside Crescent Kick

Stripe 2 **On Guard:** Turning Jump Outside Ax Kick

Stripe 3 **On Guard:** Tornado Kick

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

HYUNG - Bassai So

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 - Low Strikes

Stripe 1 Block-Counter-Disarm

Stripe 2 **Forehand Strike:** Low Inside Check, Switch Step-Circle-Arm Bar, Step Behind-Stick
Choke

Stripe 3 **Backhand Strike:** Reverse Low Downward Check-"Butt" Circle Disarm, Reverse
Horizontal Elbow, Neck Hook-Vertical Knee, Spin Takedown-Armbar-Punch

Stripe 4 Give & Take (empty hand)

HYUNG APPLICATION

Bassai So #1 **Cross Hand Wrist Grab:** Rear Cross Step, Z-Lock with Finger Trap

Bassai So #2 **Center Punch:** Open Hand Parry, Pivot Pull Down Arm Bar, Side Kick (knee), horse
Stance, Double Soo Do Strike, Double Punch

Bassai So #3 **Front Kick:** Back Stance-Palm Heel Low Block, (**Jab**): Open Hand Upper Block, Pivot
and Grab, Side Kick, Back Stance-Double Outside Block- Double Punch

Bassai So #4 **Front Kick:** Inside Crescent Kick, (**Jab**): Feet together-Pull Down, Entering Horse
Stance-Arm Extension Takedown

1 STEP SPARRING

Stripe 1 **Center Punch:** Turning Jump Outside Crescent Kick

Stripe 2 **Center Punch:** Turning Jump Outside Ax Kick

Stripe 3 **Center Punch:** Tornado Kick

Stripe 4 **Center Punch:** Turning Jump Roundhouse Kick

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3 STEP SPARRING

3 Step #1 **Center Punch:** Roundhouse Kick-Turning Jump Outside Crescent Kick

3 Step #2 **Center Punch:** Inside Crescent Kick Kick-Turning Jump Outside Ax Kick

3 Step #3 **Center Punch:** Tornado Kick-Reverse Punch

3 Step #4 **Center Punch:** Turning Jump Roundhouse Kick-Turning Hook Kick

SPARRING

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

Full Spar **1 Vs 1**

BOARD BREAK CHALLENGE

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RED BELT CURRICULUM B - STRIPE 1

LINE DRILLS

Stripe 1	On Guard: Turning Jump Outside Crescent Kick
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HYUNG - Bassai So

Stripe 1 Section	1st 1/4
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STICK DEFENSE - Low Strikes

Stripe 1	Block-Counter-Disarm
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HYUNG APPLICATION

Bassai So #1	Cross Hand Wrist Grab: Rear Cross Step, Z-Lock with Finger Trap
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1 STEP SPARRING

Stripe 1	Center Punch: Turning Jump Outside Crescent Kick
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3 STEP SPARRING

Stripe 1	Center Punch: Roundhouse Kick-Turning Jump Outside Crescent Kick
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SPARRING

Semi Spar	Attack until Countered: Minimum Three Counters
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RED BELT CURRICULUM B - STRIPE 2

LINE DRILLS

Stripe 2 **On Guard:** Turning Jump Outside Ax Kick

HYUNG - Bassai So

Stripe 2 Section 1st 1/2

STICK DEFENSE - Low Strikes

Stripe 2 **Forehand Strike:** Low Inside Check, Switch Step-Circle-Arm Bar, Step Behind-Stick Choke

HYUNG APPLICATION

Bassai So #2 **Center Punch:** Open Hand Parry, Pivot Pull Down Arm Bar, Side Kick (knee), horse Stance, Double Soo Do Strike, Double Punch

1 STEP SPARRING

Stripe 2 **Center Punch:** Turning Jump Outside Ax Kick

3 STEP SPARRING

Stripe 2 **Center Punch:** Inside Crecent Kick Kick-Turning Jump Outside Ax Kick

SPARRING

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

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RED BELT CURRICULUM B - STRIPE 3

LINE DRILLS

Stripe 3 **On Guard:** Tornado Kick

HYUNG - Bassai So

Stripe 3 Section 1st 3/4

STICK DEFENSE - Low Strikes

Stripe 3 **Backhand Strike:** Reverse Low Downward Check-"Butt" Circle Disarm, Reverse Horizontal Elbow, Neck Hook-Vertical Knee, Spin Takedown-Armbar-Punch

HYUNG APPLICATION

Bassai So #3 **Front Kick:** Back Stance-Palm Heel Low Block, (**Jab**): Open Hand Upper Block, Pivot and Grab, Side Kick, Back Stance-Double Outside Block- Double Punch

1 STEP SPARRING

Stripe 3 **Center Punch:** Tornado Kick

3 STEP SPARRING

Stripe 3 **Center Punch:** Tornado Kick-Reverse Punch

SPARRING

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

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RED BELT CURRICULUM B - STRIPE 4

LINE DRILLS

Stripe 4	On Guard: Turning Jump Roundhouse Kick
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HYUNG - Bassai So

Stripe 4 Section	Entire Form
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STICK DEFENSE - Low Strikes

Stripe 4	Give & Take (empty hand)
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HYUNG APPLICATION

Bassai So #4	Front Kick: Inside Crescent Kick, (Jab): Feet together-Pull Down, Entering Horse Stance-Arm Extension Takedown
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1 STEP SPARRING

Stripe 4	Center Punch: Turning Jump Roundhouse Kick
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3 STEP SPARRING

Stripe 4	Center Punch: Turning Jump Roundhouse Kick-Turning Hook Kick
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SPARRING

Semi Spar	Attack until Countered: Minimum Three Counters
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RED BELT CURRICULUM B - EXAM

LINE DRILLS

Technique #1	On Guard: Turning Jump Outside Crescent Kick
Technique #2	On Guard: Turning Jump Outside Ax Kick
Technique #3	On Guard: Tornado Kick
Technique #4	On Guard: Turning Jump Roundhouse Kick

HYUNG - Bassai So

Section 1	Movements 1-9
Section 2	Movements 10-17
Section 3	Movements 18-23
Section 4	Movements 24-25

STICK DEFENSE - Low Strikes

Stick Defense #1	Block-Counter-Disarm
Stick Defense #2	Forehand Strike: Low Inside Check, Switch Step-Circle-Arm Bar, Step Behind-Stick Choke
Stick Defense #3	Backhand Strike: Reverse Low Downward Check-"Butt" Circle Disarm, Reverse Horizontal Elbow, Neck Hook-Vertical Knee, Spin Takedown-Armbar-Punch
Stick Defense #4	Give & Take (empty hand)

HYUNG APPLICATION

Bassai So #1	Cross Hand Wrist Grab: Rear Cross Step, Z-Lock with Finger Trap
Bassai So #2	Center Punch: Open Hand Parry, Pivot Pull Down Arm Bar, Side Kick (knee), horse Stance, Double Soo Do Strike, Double Punch
Bassai So #3	Front Kick: Back Stance-Palm Heel Low Block, (Jab): Open Hand Upper Block, Pivot and Grab, Side Kick, Back Stance-Double Outside Block- Double Punch
Bassai So #4	Front Kick: Inside Crescent Kick, (Jab): Feet together-Pull Down, Entering Horse Stance-Arm Extension Takedown

1 STEP SPARRING

1 Step #1	Center Punch: Turning Jump Outside Crescent Kick
1 Step #2	Center Punch: Turning Jump Outside Ax Kick
1 Step #3	Center Punch: Tornado Kick
1 Step #4	Center Punch: Turning Jump Roundhouse Kick

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RED BELT CURRICULUM B - EXAM

3 STEP SPARRING

3 Step #1	Center Punch: Roundhouse Kick-Turning Jump Outside Crescent Kick
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3 Step #2	Center Punch: Inside Crescent Kick Kick-Turning Jump Outside Ax Kick
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3 Step #3	Center Punch: Tornado Kick-Reverse Punch
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3 Step #4	Center Punch: Turning Jump Roundhouse Kick-Turning Hook Kick
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SPARRING

Semi Spar	Attack until Countered: Minimum Three Counters
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Full Spar	1 Vs 1
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BOARD BREAK CHALLENGE
