

Red Belt Curriculum

RED BELT CURRICULUM C

CORE BASICS

Blocking

Striking

Kicking Spring Hook Kick, Jump Turning Jump Hook Kick, Turning Jump Wheel Kick

Stances

LINE DRILLS

Stripe 1 **On Guard:** Spring Hook Kick

Stripe 2 **On Guard:** Side Kick-Spring Hook Kick

Stripe 3 **On Guard:** Turning Jump Hook Kick

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

FORM - Bassai Dae

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 - 3 Pokes

Stripe 1 Block, Counter, Disarm

Stripe 2 **Mid Poke:** Disarm #9, Shuffle Cat Stance-Elbow Break, Step Forward-Ridgehand Strike-Clothesline Takedown, Forward Stance-Drop Punch

Stripe 3 **High Poke: Inside** Open Hand Parry, Neck Hook-Step Back Pivot Throw, Arm Bar

Stripe 4 **Reverse High Poke:** Outside Soo Do Block-Wrist Lock, Step (under arm) Horizontal Elbow, Over Shoulder Arm Break, Outside Elbow, Inside Elbow, Pivot Sweep

HYUNG APPLICATION

Bassai Dae #1 **Center Punch:** Outside Block-Reverse Outside Block Break, Step Forward (leg to leg)-Inside Block Arm Bar, Switch Hands-Ridgehand/Clothesline (lead side)-Sweep Takedown, Drop Punch

Bassai Dae #2 **Front Kick, Reverse Punch:** Crane Stance-Downward Block, Forward Stance-Inside Block-Reverse Drop Backfist Strike, Step Back into Horse Stance-Pull & Head Twist Takedown, Drop Punch

Bassai Dae #3 **Center Punch:** Step Back (45° open) Back Stance-Center Soo Do Block, (**Lapel Grab**): Step Back (feet together), Double Upward Block Break, Step forward-Forward Stance-Double Horizontal Hammerfist Strikes

Bassai Dae #4 **Front Kick:** Inside Crescent Kick, (**Face Punch**): Upward Block into "C" Punch, Grab Rear Leg and Back of Collar, Step Back 90° & Throw

Red Belt Curriculum

RED BELT CURRICULUM C

1 STEP SPARRING

Stripe 1	Center Punch: Spring Hook Kick
Stripe 2	Center Punch: Roundhouse Kick-Spring Hook Kick
Stripe 3	Center Punch: Turning Jump Hook Kick-Side Kick
Stripe 4	Center Punch: Turn Jump Wheel Kick-Roundhouse Kick

3 STEP SPARRING

Stripe 1	Any 3 Attacks: 3 Counters incl Spring Hook Kick
Stripe 2	Any 3 Attacks: Roundhouse Kick-Spring Hook Kick Counter
Stripe 3	Any 3 Attacks: Turning Jump Hook Kick-Side Kick Counter
Stripe 4	Any 3 Attacks: Turn Jump Wheel Kick-Roundhouse Kick Counter

SPARRING

Semi Spar	Attack until Countered: Minimum of 3 counters
Full Spar	1 Vs 1

BOARD BREAK CHALLENGE

Red Belt Curriculum

RED BELT CURRICULUM C - STRIPE 1

LINE DRILLS

Stripe 1 **On Guard:** Spring Hook Kick

FORM - Bassai Dae

Stripe 1 Section 1st 1/4

STICK DEFENSE - 3 Pokes

Stripe 1 Block, Counter, Disarm

HYUNG APPLICATION

Bassai Dae #1 **Center Punch:** Outside Block-Reverse Outside Block Break, Step Forward (leg to leg)-Inside Block Arm Bar, Switch Hands-Ridgehand/Clothesline (lead side)-Sweep Takedown, Drop Punch

1 STEP SPARRING

Stripe 1 **Center Punch:** Spring Hook Kick

3 STEP SPARRING

Stripe 1 **Any 3 Attacks:** Spring Hook Kick Counter

SPARRING

Semi Spar **Attack until Countered:** Minimum of 3 counters

Red Belt Curriculum

RED BELT CURRICULUM C - STRIPE 2

LINE DRILLS

Stripe 2	On Guard: Side Kick-Spring Hook Kick
----------	---

FORM - Bassai Dae

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

STICK DEFENSE - 3 Pokes

Stripe 2	Mid Poke: Disarm #9, Shuffle Cat Stance-Elbow Break, Step Forward-Ridgehand Strike-Clothesline Takedown, Forward Stance-Drop Punch
----------	---

HYUNG APPLICATION

Bassai Dae #2	Front Kick, Reverse Punch: Crane Stance-Downward Block, Forward Stance-Inside Block-Reverse Drop Backfist Strike, Step Back into Horse Stance-Pull & Head Twist Takedown, Drop Punch
---------------	---

1 STEP SPARRING

Stripe 2	Center Punch: Roundhouse Kick-Spring Hook Kick
----------	---

3 STEP SPARRING

Stripe 2	Any 3 Attacks: Roundhouse Kick-Spring Hook Kick Counter
----------	--

SPARRING

Semi Spar	Attack until Countered: Minimum of 3 counters
-----------	--

Red Belt Curriculum

RED BELT CURRICULUM C - STRIPE 3

LINE DRILLS

Stripe 3 **On Guard:** Turning Jump Hook Kick

FORM - Bassai Dae

Stripe 3 Section 1st 3/4

STICK DEFENSE - 3 Pokes

Stripe 3 **High Poke: Inside** Open Hand Parry, Neck Hook-Step Back Pivot Throw, Arm Bar

HYUNG APPLICATION

Bassai Dae #3 **Center Punch:** Step Back (45° open) Back Stance-Center Soo Do Block, (**Lapel Grab**): Step Back (feet together), Double Upward Block Break, Step forward-Forward Stance-Double Horizontal Hammerfist Strikes

1 STEP SPARRING

Stripe 3 **Center Punch:** Turning Jump Hook Kick-Side Kick

3 STEP SPARRING

Stripe 3 **Any 3 Attacks:** Turning Jump Hook Kick-Side Kick Counter

SPARRING

Semi Spar **Attack until Countered:** Minimum of 3 counters

Red Belt Curriculum

RED BELT CURRICULUM C - STRIPE 4

LINE DRILLS

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

FORM - Bassai Dae

Stripe 4 Section Entire Form

STICK DEFENSE - 3 Pokes

Stripe 4 **Reverse High Poke:** Outside Soo Do Block-Wrist Lock, Step (under arm) Horizontal Elbow, Over Shoulder Arm Break, Outside Elbow, Inside Elbow, Pivot Sweep

HYUNG APPLICATION

Bassai Dae #4 **Front Kick:** Inside Crescent Kick, (**Face Punch**): Upward Block into "C" Punch, Grab Rear Leg and Back of Collar, Step Back 90° & Throw

1 STEP SPARRING

Stripe 4 **Center Punch:** Turn Jump Wheel Kick-Roundhouse Kick

3 STEP SPARRING

Stripe 4 **Any 3 Attacks:** Turn Jump Wheel Kick-Roundhouse Kick Counter

SPARRING

Full Spar **1 Vs 1**

Red Belt Curriculum

RED BELT CURRICULUM C - EXAM

LINE DRILLS

Technique #1	On Guard: Spring Hook Kick
Technique #2	On Guard: Side Kick-Spring Hook Kick
Technique #3	On Guard: Turning Jump Hook Kick
Technique #4	On Guard: Turning Jump Wheel Kick

FORM - Bassai Dae

STICK DEFENSE - 3 Pokes

Stick Defense #1	Block, Counter, Disarm
Stick Defense #2	Mid Poke: Disarm #9, Shuffle Cat Stance-Elbow Break, Step Forward-Ridgehand Strike-Clothesline Takedown, Forward Stance-Drop Punch
Stick Defense #3	High Poke: Inside Open Hand Parry, Neck Hook-Step Back Pivot Throw, Arm Bar
Stick Defense #4	Reverse High Poke: Outside Soo Do Block-Wrist Lock, Step (under arm) Horizontal Elbow, Over Shoulder Arm Break, Outside Elbow, Inside Elbow, Pivot Sweep

HYUNG APPLICATION

Bassai Dae #1	Center Punch: Outside Block-Reverse Outside Block Break, Step Forward (leg to leg)-Inside Block Arm Bar, Switch Hands-Ridgehand/Clothesline (lead side)-Sweep Takedown, Drop Punch
Bassai Dae #2	Front Kick, Reverse Punch: Crane Stance-Downward Block, Forward Stance-Inside Block-Reverse Drop Backfist Strike, Step Back into Horse Stance-Pull & Head Twist Takedown, Drop Punch
Bassai Dae #3	Center Punch: Step Back (45° open) Back Stance-Center Soo Do Block, (Lapel Grab): Step Back (feet together), Double Upward Block Break, Step forward-Forward Stance-Double Horizontal Hammerfist Strikes
Bassai Dae #4	Front Kick: Inside Crescent Kick, (Face Punch): Upward Block into "C" Punch, Grab Rear Leg and Back of Collar, Step Back 90° & Throw

1 STEP SPARRING

1 Step #1	Center Punch: Spring Hook Kick
1 Step #2	Center Punch: Roundhouse Kick-Spring Hook Kick
1 Step #3	Center Punch: Turning Jump Hook Kick-Side Kick
1 Step #4	Center Punch: Turn Jump Wheel Kick-Roundhouse Kick

Red Belt Curriculum

RED BELT CURRICULUM C - EXAM

3 STEP SPARRING

3 Step #1	Any 3 Attacks: Spring Hook Kick Counter
3 Step #2	Any 3 Attacks: Roundhouse Kick-Spring Hook Kick Counter
3 Step #3	Any 3 Attacks: Turning Jump Hook Kick-Side Kick Counter
3 Step #4	Any 3 Attacks: Turn Jump Wheel Kick-Roundhouse Kick Counter

SPARRING

Semi Spar	Attack until Countered: Minimum of 3 counters
Full Spar	1 Vs 1

BOARD BREAK CHALLENGE
