
**WHITE / YELLOW BELT
CURRICULUM A**

CORE BASICS

Blocking	Downward Block, Outside Block
Striking	Jab, Reverse Punch, Lunge Punch
Kicking	Front Kick
Stance	Forward Stance, On Guard

LINE DRILLS

Stripe 1 #1	Downward Block-Forward Stance, Lunge Punch
Stripe 1 #2	Downward Block-Forward Stance, Front Kick
Stripe 2 #1	Downward Block-Forward Stance, Reverse Punch
Stripe 2 #2	On Guard: Front Kick-Reverse Punch (On Guard)
Stripe 3 #1	Outside Block-Forward Stance, Slide Step-Jab
Stripe 3 #2	Outside Block-Forward Stance, Snap Front Kick-Reverse Punch
Stripe 4 #1	Outside Block-Forward Stance, Slide Step-Jab-Reverse Punch
Stripe 4 #2	On Guard: Front Kick-Jab-Reverse Punch

FORM - Kicho Hyung IL Bu (key-cho he-young ill boo)

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

SELF DEFENSE

Stripe 1	Wrist Grab: Downward Block Release-Front Kick
Stripe 2	Wrist Grab: Outside Block-Reverse Punch
Stripe 3	Double Wrist Grab: Slap Release-Reverse Punch
Stripe 4	Double Wrist Grab (behind): Step Back & Under Escape

1 STEP SPARRING

Stripe 1	Front Kick: (open 45°) Downward Block-Forward Stance, Snap Front Kick
Stripe 2	Front Kick: (closed 45°) Downward Block-Forward Stance, Reverse Punch
Stripe 3	Center Punch: (open 45°) Outside Block-Forward Stance, Snap Front Kick-Reverse Punch
Stripe 4	Center Punch: (open 45°) Outside Block-Forward Stance, Jab-Reverse Punch

3 STEP SPARRING

Lunge Punch Attack	Front Kick Counter
Front Kick Attack	Reverse Punch Counter

BOARD BREAK CHALLENGE

	Front Kick
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