
**WHITE / YELLOW BELT
CURRICULUM B**

CORE BASICS

Blocking	Upward Block, Inside Block
Striking	Reverse Punch, Side Lunge Punch, Back Fist
Kicking	Side Kick, Roundhouse Kick
Stance	Horse Stance, On Guard

LINE DRILLS

Stripe 1 #1	Upward Block-Horse Stance, Side Lunge Punch
Stripe 1 #2	Upward Block-Horse Stance, Shuffle Side Kick
Stripe 2 #1	Upward Block-Horse Stance, Shuffle Side Kick-Reverse Punch
Stripe 2 #2	On Guard: Shuffle Side Kick-Reverse Punch
Stripe 3 #1	Inside Block-Horse Stance, Back Fist
Stripe 3 #2	Inside Block-Horse Stance, Shuffle Roundhouse Kick
Stripe 4 #1	Inside Block-Horse Stance, Shuffle Roundhouse Kick-Back Fist
Stripe 4 #2	On Guard: Shuffle Roundhouse Kick-Back Fist

FORM - Kicho Hyung Ee Bu (key-cho he-young ee 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: Upward Block-Horse Stance, Shuffle Side Kick
Stripe 2	Wrist Grab (cross): Snap Release, Backfist
Stripe 3	Wrist Grab: Inside Block-Horse Stance, Shuffle Roundhouse Kick
Stripe 4	2 Hand Wrist Grab: Release, Drop Hammerfist

1 STEP SPARRING

Stripe 1	Face Punch: (open or closed) Upward Block-Horse Stance, Side Kick
Stripe 2	Face Punch: (open or closed) Upward Block-Horse Stance, Side Kick-Reverse Punch
Stripe 3	Center Punch: (closed) Inside Block-Horse Stance, Roundhouse Kick
Stripe 4	Center Punch: (closed) Inside Block-Horse Stance, Roundhouse Kick-Back Fist

3 STEP SPARRING

Lunge Punch Attack	Side Kick Counter at the End
Front Kick Attack	Roundhouse Counter at the End