
**ORANGE / PURPLE BELT
CURRICULUM A**

CORE BASICS

Blocking	1 Hand Soo Do: Upward, Inside, Center, Downward
Striking	Backfist, Hammerfist
Kicking	Back Kick
Stance	Back Stance

LINE DRILLS

Stripe 1 #1	1 Hand Downward Soo Do-Back Stance, Rising Hammerfist-Horse Stance
stripe 1 #2	On Guard: Turn Back Kick
Stripe 2 #1	1 Hand Center Soo Do-Back Stance, Reverse Horizontal Hammerfist-Forward Stance
Stripe 2 #2	On Guard: Cross Behind Back Kick
Stripe 3 #1	1 Hand Upward Soo Do-Back Stance, Drop Hammerfist
Stripe 3 #2	On Guard: Turn Back Kick-Backfist Strike
Stripe 4 #1	1 Hand Inside Soo Do, Horse Stance-Horizontal Hammerfist
Stripe 4 #2	On Guard: Cross Step Backfist-Back Kick

FORM - Kicho Hyung Sum Bu (key-cho he-young some 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	Lapel Grab: "Steering Wheel"
Stripe 2	Lapel Grab: Wrist Flip, Front Kick
Stripe 3	Lapel Grab: Inside Block, Backfist
Stripe 4	Lapel Grab: Finger Poke, Violin

1 STEP SPARRING

Stripe 1	Center Punch: (closed 45°) Center Soo Do Block, Lead Roundhouse Kick-Back Kick
Stripe 2	Center Punch: (open or closed) Inside Soo Do Block-Horse Stance, Lead Side Kick, Backfist Strike-Forward Stance
Stripe 3	Front Kick: (open 45°) Downward Soo Do Block-Cat Stance, Snap Front Kick-Reverse Horizontal Hammerfist, Switch Horse Stance-Rising Vertical Hammerfist
Stripe 4	Face Punch: (open 45°) Upward Soo Do Block-Back Stance, Drop Hammerfist-Forward Stance, Switch Horse Stance-Horizontal Hammerfist, Retreating Back Kick

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3 STEP SPARRING

Stripe 1	Shuffle Side Kick: Turn Back Kick-Backfist Counter
Stripe 2	Roundhouse Kick: Back Fist-Reverse Punch Counter
Stripe 3	Lunge Punch: 2 Technique Counter
Stripe 4	Front Kick: 2 Technique Counter

BOARD BREAK CHALLENGE

Hammerfist
Roundhouse Kick
