
**ORANGE / PURPLE BELT
CURRICULUM B**

CORE BASICS

Blocking	2 Hand Soo Do: Upward, Center, Downward
Striking	Soo Do, Ridgehand, Palm Heel
Kicking	Hook Kick
Stance	Cat Stance, L Stance

LINE DRILLS

Stripe 1 #1	Downward Block-Forward Stance, Snap Release-L Stance-Drop Hammerfist
Stripe 1 #2	2 Hand Upward Soo Do Block-Cat Stance, Forward Stance-Reverse Palm Heel Strike
Stripe 2 #1	Downward Block-Forward Stance-Outside Soo Do Block, Step Forward-Forward Stance-Upward Block
Stripe 2 #2	2 Hand Center Soo Do Block-Cat Stance, Forward Stance-Reverse Horizontal Soo Do Strike
Stripe 3 #1	2 Hand Downward Soo Do Block-Cat Stance, Forward Stance-Reverse Ridgehand Strike-Rising Soo Do Strike
Stripe 3 #2	On Guard: Lead Hook Kick-Backfist
Stripe 4 #1	On Guard: Cross Step Hook Kick-Reverse Ridgehand
Stripe 4 #2	On Guard: Roundhouse Kick-Turn Hook Kick

FORM - Pyung Ahn Cho Dan (pea-young on cho don)

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	Bear Hug: Foot Stomp, Horse Stance Escape, Elbow, Hammerfist, Backfist
Stripe 2	Bear Hug: Hip Strike, Head Butt, Back Kick
Stripe 3	Rear Choke, Arm Lock: Elbow, Wrist Flip, Front Kick
Stripe 4	Head Lock: Groin Strike, Wrist Check, Arm Bar

HYUNG APPLICATIONS

Cho Dan #1 (stripe 1)	Stomach Punch: (open 45°) Forward Stance-Downward Block, (Front Kick) Inside Low Parry-L Stance-Drop Hammerfist
Cho Dan #2 (stripe 2)	Front Kick: (open 45°) Forward Stance, Downward Block, (Jab) Soo Do Block, Step, Rising Arm Bar
Youth	Front Kick: (open 45°) Forward Stance-Downward Block, (Jab) Outside Soo Do Block, Step, Forward Stance-Rising Vertical Hammerfist

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1 STEP SPARRING

Stripe 2	Face Punch: 2 Hand Upward Soo Do Block-Cat Stance, Lead Hook Kick-Reverse Drop Soo Do Strike-Forward Stance
Stripe 3	Center Punch: (open 45°) 2 Hand Center Soo Do Block-Cat Stance, Lead Side Kick-Reverse Horizontal Soo Do Strike-Forward Stance
Stripe 4	Front Kick: (open 45°) 2 Hand Downward Soo Do Block-Cat Stance, Snap Front Kick-Forward Stance-Reverse Ridgehand Strike

3 STEP SPARRING

Stripe 1	Shuffle Side Kick: Reverse Ridgehand Counter
Stripe 2	Roundhouse Kick: Lead Hook Kick Counter
Stripe 3	Ridgehand: 2 Technique Counter
Stripe 4	Hook Kick: 2 Technique Counter

BOARD BREAK CHALLENGE

Back Kick
Palm Heel
