
**RED BELT
CURRICULUM A**

CORE BASICS

Blocking

Striking

Kicking Single Leg Jump Side Kick, Switch Back Kick, Spring Hook Kick, Turning Jump Side Kick

Stances

LINE DRILLS

Stripe 1 **On Guard:** Single Leg Jump Side Kick, Reverse Punch

Stripe 2 **On Guard:** Switch Back Kick, Back Fist Strike

Stripe 3 **On Guard:** Spring Hook Kick, Reverse Ridgehand Strike

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

FORM - Pyung Ahn Oh Dan

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 - High & Mid Strikes

Stripe 1 Block-Counter-Disarm

Stripe 2 **Forehand Strike:** Inside Check/Strike Block, #3 Disarm (snake) & Soo Do Strike, Neck Hook-Vertical Knee, Spin Takedown, Drop Knee Strike

Stripe 3 **Backhand Strike:** Capture- Slap Disarm, Reverse Ridgehand, Reverse Horizontal Knee Strike, Rear Naked Choke

Stripe 4 **Forehand Strike:** Inside Check/Front Kick, Vertical Elbow (chin), Arm Bar/ Standing Center Lock

HYUNG APPLICATION

Oh Dan #1 **Center Punch:** (open 45°) Back Stance-Outside Block-Hook Punch, Step Forward Feet Together-Spin Throw

Oh Dan #2 **Front Kick:** (Open) Forward Stance-Low Cross Block, (**Jab**): High Open Hand Cross Block, Wrist Capture & Soo Do Strike, Step Forward-Sweep Takedown

Oh Dan #3 **Front Kick:** Inside Crescent Kick Block, Horse Stance-Horizontal Elbow Strike, Rear Cross Step (45°)-Drop Backfist Strike

Oh Dan #4 **Front Kick, Jab:** (Open 45o) Crane Stance-Downward Block, Inside Open Hand Parry-Forward Stance-Vertical Spearhand, Check Hip-Ankle Capture, Back Stance-Ankle/Hip Takedown

**RED BELT
CURRICULUM A**

1 STEP SPARRING

Stripe 1	Center Punch: Single Leg Jump Side Kick- Reverse Punch
Stripe 2	Center Punch: Switch Back Kick-Backfist Strike
Stripe 3	Center Punch: Spring Hook Kick-Reverse Ridgehand Strike
Stripe 4	Roundhouse Kick: Turning Jump Side Kick

3 STEP SPARRING

Stripe 1	Any 3 Attacks: 3 Counters incl Single leg Jump Side Kick
Stripe 2	Any 3 Attacks: 3 Counters incl Switch Back Kick
Stripe 3	Any 3 Attacks: 3 Counters incl Spring Hook Kick
Stripe 4	Any 3 Attacks: 3 Counters incl Turning Jump Side Kick

SPARRING

Semi Spar	Attack until Countered: Minimum 3 Counters
Sparring	1 Vs 1

BOARD BREAK CHALLENGE
