
**RED BELT
CURRICULUM B**

CORE BASICS

Blocking

Striking

Kicking Turning Jump Outside Crescent Kick, Turning Jump Outside Ax Kick, Tornado Kick,
Turning Jump Roundhouse Kick

Stances

LINE DRILLS

Stripe 1 **On Guard:** Turning Jump Outside Crescent Kick

Stripe 2 **On Guard:** Turning Jump Outside Ax Kick

Stripe 3 **On Guard:** Tornado Kick

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

HYUNG - Bassai So

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 - Low Strikes

Stripe 1 Block-Counter-Disarm

Stripe 2 **Forehand Strike:** Low Inside Check, Switch Step-Circle-Arm Bar, Step Behind-Stick
Choke

Stripe 3 **Backhand Strike:** Reverse Low Downward Check-"Butt" Circle Disarm, Reverse
Horizontal Elbow, Neck Hook-Vertical Knee, Spin Takedown-Armbar-Punch

Stripe 4 Give & Take (empty hand)

HYUNG APPLICATION

Bassai So #1 **Cross Hand Wrist Grab:** Rear Cross Step, Z-Lock with Finger Trap

Bassai So #2 **Center Punch:** Open Hand Parry, Pivot Pull Down Arm Bar, Side Kick (knee), horse
Stance, Double Soo Do Strike, Double Punch

Bassai So #3 **Front Kick:** Back Stance-Palm Heel Low Block, (**Jab**): Open Hand Upper Block, Pivot
and Grab, Side Kick, Back Stance-Double Outside Block- Double Punch

Bassai So #4 **Front Kick:** Inside Crescent Kick, (**Jab**): Feet together-Pull Down, Entering Horse
Stance-Arm Extension Takedown

1 STEP SPARRING

Stripe 1 **Center Punch:** Turning Jump Outside Crescent Kick

Stripe 2 **Center Punch:** Turning Jump Outside Ax Kick

Stripe 3 **Center Punch:** Tornado Kick

Stripe 4 **Center Punch:** Turning Jump Roundhouse Kick

**RED BELT
CURRICULUM B**

3 STEP SPARRING

3 Step #1	Center Punch: Roundhouse Kick-Turning Jump Outside Crescent Kick
-----------	---

3 Step #2	Center Punch: Inside Crecent Kick Kick-Turning Jump Outside Ax Kick
-----------	--

3 Step #3	Center Punch: Tornado Kick-Reverse Punch
-----------	---

3 Step #4	Center Punch: Turning Jump Roundhouse Kick-Turning Hook Kick
-----------	---

SPARRING

Semi Spar	Attack until Countered: Minimum Three Counters
-----------	---

Full Spar	1 Vs 1
-----------	---------------

BOARD BREAK CHALLENGE
