
**RED BELT
CURRICULUM C**

CORE BASICS

Blocking

Striking

Kicking Spring Hook Kick, Jump Turning Jump Hook Kick, Turning Jump Wheel Kick

Stances

LINE DRILLS

Stripe 1 **On Guard:** Spring Hook Kick

Stripe 2 **On Guard:** Side Kick-Spring Hook Kick

Stripe 3 **On Guard:** Turning Jump Hook Kick

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

FORM - Bassai Dae

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 - 3 Pokes

Stripe 1 Block, Counter, Disarm

Stripe 2 **Mid Poke:** Disarm #9, Shuffle Cat Stance-Elbow Break, Step Forward-Ridgehand Strike-Clothesline Takedown, Forward Stance-Drop Punch

Stripe 3 **High Poke: Inside** Open Hand Parry, Neck Hook-Step Back Pivot Throw, Arm Bar

Stripe 4 **Reverse High Poke:** Outside Soo Do Block-Wrist Lock, Step (under arm) Horizontal Elbow, Over Shoulder Arm Break, Outside Elbow, Inside Elbow, Pivot Sweep

HYUNG APPLICATION

Bassai Dae #1 **Center Punch:** Outside Block-Reverse Outside Block Break, Step Forward (leg to leg)-Inside Block Arm Bar, Switch Hands-Ridgehand/Clothesline (lead side)-Sweep Takedown, Drop Punch

Bassai Dae #2 **Front Kick, Reverse Punch:** Crane Stance-Downward Block, Forward Stance-Inside Block-Reverse Drop Backfist Strike, Step Back into Horse Stance-Pull & Head Twist Takedown, Drop Punch

Bassai Dae #3 **Center Punch:** Step Back (45° open) Back Stance-Center Soo Do Block, (**Lapel Grab**): Step Back (feet together), Double Upward Block Break, Step forward-Forward Stance-Double Horizontal Hammerfist Strikes

Bassai Dae #4 **Front Kick:** Inside Crescent Kick, (**Face Punch**): Upward Block into "C" Punch, Grab Rear Leg and Back of Collar, Step Back 90° & Throw

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1 STEP SPARRING

Stripe 1	Center Punch: Spring Hook Kick
Stripe 2	Center Punch: Roundhouse Kick-Spring Hook Kick
Stripe 3	Center Punch: Turning Jump Hook Kick-Side Kick
Stripe 4	Center Punch: Turn Jump Wheel Kick-Roundhouse Kick

3 STEP SPARRING

Stripe 1	Any 3 Attacks: 3 Counters incl Spring Hook Kick
Stripe 2	Any 3 Attacks: Roundhouse Kick-Spring Hook Kick Counter
Stripe 3	Any 3 Attacks: Turning Jump Hook Kick-Side Kick Counter
Stripe 4	Any 3 Attacks: Turn Jump Wheel Kick-Roundhouse Kick Counter

SPARRING

Semi Spar	Attack until Countered: Minimum of 3 counters
Full Spar	1 Vs 1

BOARD BREAK CHALLENGE
