

BLUE BELT CURRICULUM

Training Period: 4 Months Minimum Classes: 32
Suggested Equipment: Wavemaster Heavy Bag

PUNCHES:

SPIN BACKFIST REAR HAND
FOREARM STRIKE REAR ARM

KICKS:

TWIST KICK FRONT LEG
SPIN CRESCENT KICK BACK LEG
FIGHTING SIDE KICK BACK LEG KICKS
FIGHTING SPIN BACK KICK BACK LEG

KATA ("HYUNG," FORM OR PATTERN):

YUL GOK "CONFUCIUS OF KOREA"
HWA RANG "KOREAN YOUTH MOVEMENT TO
 REUNITE THE THREE KINGDOMS OF SILLA"

BLOCKS (BASICS): (SAME ARM/LEG OUT)

LOW "X" BLOCK
OPEN HANDED RECTANGULAR BLOCK

ESCAPES/GRAPPLING:

GUARD POSITION – ESCAPE FROM THE GUARD

ONE STEPS:

CLASSICAL - SANDWICH STRIKE/RIDGEHAND/SWEEP/INV. CHOP/TAKEDOWN
PRACTICAL - PARRY/SWEEP/SLEEPER CHOKE/SUBMIT

COMBINATIONS:

HOOK KICK/REVERSE PUNCH/DOUBLE HOOK PUNCH/HOOK KICK
BACKFIST/FAKE HOOK KICK/SIDE KICK

SPARRING:

LIGHT CONTACT CONTINUOUS SPARRING - LEG KICKS

BREAKING: BACK LEG ROUND KICK

ALL GREEN BELT CURRICULUM IMPROVED

BLUE BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class.

FILL IN THE BLANK

1. Character trait : "I have developed the Confidence that comes from regular effort and hard work"
2. Yul gok means Confucius of Korea .
3. Hwa Rang means Korean Youth Movement to Reunite the Three Kingdoms of Silla .
4. Superkicks uses the ITF Forms, define ITF: International Taekwondo Federation .
5. What are the three blades called : Front Courtesy Classical(Side) .
6. What part of the foot hits (above):
Ball Instep(top of the foot) Heel or outside ridge.
7. Orthodox guarding stance is a half shoulder wide, and
8. places your front toe in a straight line to your back heel .
9. The Superfoot method uses a balance better known as Straddle Stance .
10. Which is not an offensive style: **b**
a) counter-counter; **b) chaser**; c) counter; d) lead