

GOLD BELT CURRICULUM

Training Period: 4 Months Minimum Classes: 32
Required Equipment: Chest Guard, Shin Guard, Cup (male)

PUNCHES:

SPEARHAND STRIKE FRONT HAND
WEBHAND STRIKE REAR HAND
RIDGEHAND STRIKE FRONT & REAR HAND

KICKS:

LOW/HIGH KICK BACK LEG
THRUST KICK BACK LEG (POWER KICK)
JUMP FRONT KICK FRONT LEG KICKS
PULLING ROUND KICK FRONT LEG - SLIDE UP KICK

KATA ("HYUNG," FORM OR PATTERN):

CHUNG GI "HEAVEN & EARTH"

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

FOREARM BLOCK
MIDDLE BLOCK

ESCAPES:

HAMMER FIST
LAPEL GRAB (KIDS – VOCAL BOUNDARIES)

ELBOWS:

FIVE ELBOW DRILL

ONE STEPS:

CLASSICAL -FOREARM BLOCK/REVERSE PUNCH/ FRONT KICK/KIAI
PRACTICAL - WEAVE/RIDGEHAND/CHOKE

COMBINATIONS:

PULLING ROUND KICK/REVERSE PUNCH/HOOK PUNCH
BACKFIST/SIDE KICK/REVERSE PUNCH/HOOK PUNCH

SPARRING:

POINT KARATE – BODY ONLY

ALL YELLOW BELT CURRICULUM IMPROVED

GOLD 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. What does "Tae" mean? To Kick
2. What does "Kwon" mean? To Punch
3. Define "Tae Kwon Do" The Art of Kicking & Punching .
4. "If it's to be it's up to me" is the character trait of Responsibility .
5. The Tae Kwon Do Creed is: Knowledge in the mind,
6. Honesty in the heart, and
7. Strength in the body.
8. The most powerful weapons kids have against an adult is their voice .
9. The kata Chunghee means Heaven & Earth .
10. Kata, Form and Hyung mean an imaginary fight.