



## Orange Belt Curriculum

### ***Terminology:***

<b><u>English</u></b>	<b><u>Korean</u></b>
Stop	Guh-Man
Rest	Sh-yu
End	Pa-ro
Start/Begin	Shee-Jak
Walking Stance	Ap-su-gee

### ***Tenets of Tae Kwon Do***

- COURTESY
- INTEGRITY
- PERSEVERANCE
- SELF CONTROL
- INDOMITABLE SPIRIT

### ***Basic Hand Technique #3***

- 1 – Left both hands middle block
- 2 – Left both hands low block
- 3 – Right both hands low block
- 4 – Right inner wrist knife hand middle block
- 5 – Right Knife hand strike to neck
- 6 – Left Elbow strike to middle section
- 7 – Left Back fist
- 8 – 10 three middle punches

### ***Kicking:***

- Change Step Front Snap Kick – Ap-cha-gee
- Change Step Roundhouse – Dol-yu-cha-gee
- Change Step Axe kick – Du-ru-cheek-gee
- Change Step Side Kick – Yup-cha-gee

### ***One Step Self Defence (7-9)***

- 7 – Move to left diagonally and at same time do right knife hand outside middle block (in horse stance). With right hand grab your opponent's wrist and pull your foot and elbow back. Slide forward changing into horse stance and attack with elbow to face.



8 – Move you right foot back one step, followed by half step backwards with left foot. Do a left foot inner crescent kick blocking the punch. Move 45 degrees to the left and do side kick to ribs with right foot.

9 – Move to right side 45 degrees with right foot, bring feet together and do side kick to head with left foot.

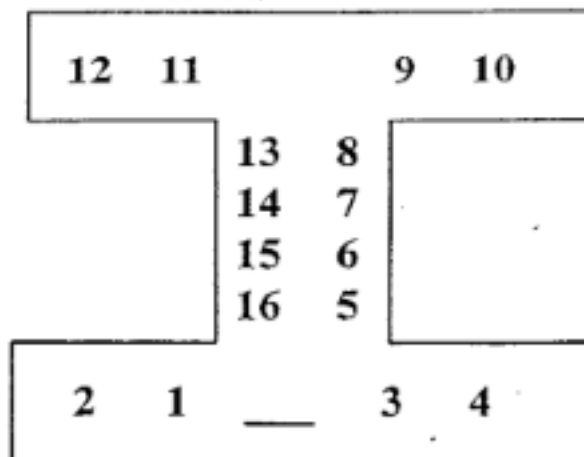
## **Sparring – Kyu-Ru-Gee (Olympic Style)**

### **Forms (Poomse)**

#### **Basic Form (Ki Bon Sam Jang) #3**

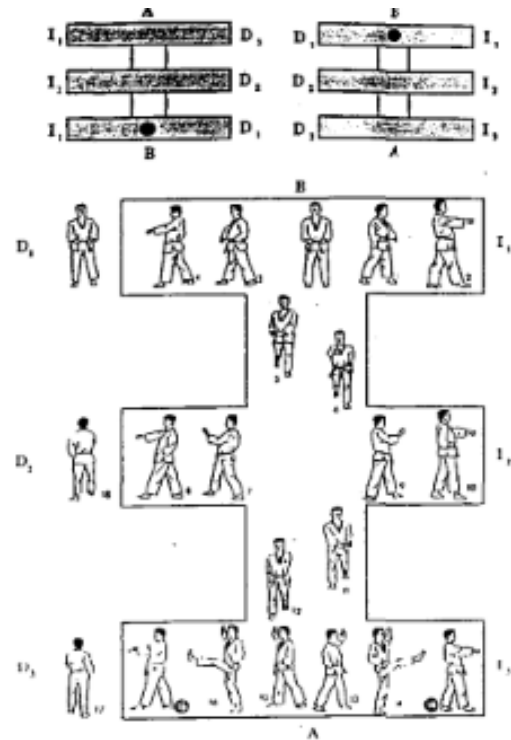
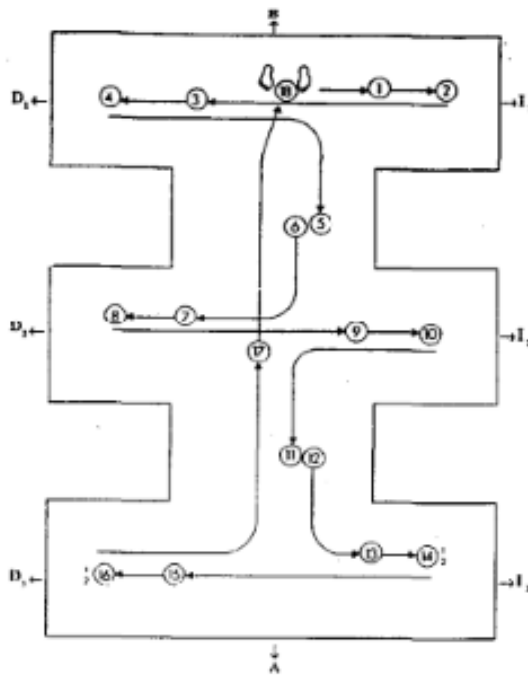
##### **Ready Stance = Junbi**

1. Turn left 90°, execute single knife hand middle block whilst in back stance.
2. Do a right straight front snap kick and right middle punch whilst in front stance.
3. Turn right 180° and do a right knife middle block whilst in back stance.
4. Do a left straight front snap kick and a left middle punch whilst in front stance.
5. Move left foot 90° and do a left inner wrist block whilst in back stance.
6. Step forward and do a right knife hand strike to neck in front stance.
7. Step forward and do a left hand strike to neck in front stance.
8. Step forward and do a right knife hand strike to neck in front stance with “KI-YAP”.
9. Move left foot 270° and do a single knife middle block whilst in back stance.
10. Do a right straight front kick and right middle punch in front stance.
11. Turn right 180° and do a right knife middle block whilst in back stance.
12. Do a left front kick and left middle punch in back stance.
13. Move left foot 90° and do a left inner wrist middle block whilst in back stance.
14. Step forward into horse stance and do a right side middle punch.
15. Step forward into horse stance and do a left side middle punch.
16. Step forward into horse stance and do a right side middle punch. “KI-YAP”





## Taeguk Il Jang (1)



Taeguk Il Jang (#1)

1. LOOK (in direction of movement)	2. RYH (ready your hands)	3. MOVE YOUR FOOT kick or step	4. ACTION Defense: Block Offense: Strike	5. FOLLOW UP Defense: Block
0			Ready Stance	
1 90d L			L Walking Stance	L Low Block
2 Straight			R Walking Stance	R Middle Punch
3 180d R			R Walking Stance	R Low Block
4 Straight			L Walking Stance	L Middle Punch
5 90d L			L Front Stance	L Low Block
6 Straight				R Reverse Middle Punch
7 90d R			R Walking Stance	L Reverse Inside Block
8 Straight			L Walking Stance	R Reverse Middle Punch
9 180d L			L Walking Stance	R Reverse Inside Block
10 Straight			R Walking Stance	L Reverse Middle Punch
11 90d R			R Front Stance	R Low Block
12 Straight				L Reverse Middle Punch
13 90d L			L Walking Stance	L High Block
14 Straight		R Front Kick	R Walking Stance	R Middle Punch
15 180d R			R Walking Stance	R High Block
16 Straight		L Front Kick	L Walking Stance	L Middle Punch
17 90d R			L Front Stance	L Low Block
18 Straight			R Front Stance	R Middle Punch w/ YELL
			Ready Stance	