



Green Belt Curriculum

Terminology:

<u>English</u>	<u>Korean</u>
Low Block	A-ray-mak-kee
Face Block	Ul-gool-mak-kee
Inside block	Moem-tong-an-mak-kee
Outside Block	Moem-tong-pa-gat-mak-kee
Double Inside Block	Yang-son-moem-tong-mak-kee
Knifehand Block	Yang-son-nal-mak-kee
Single hand block	Han-son-nal-mak-kee

- Why do we bow?

We bow to show sincerity of respect and deep appreciation to oneself and others. The bow is also used as a practice of humbleness while training to become strong and confident.

- Why do you yell?

We yell to develop mind power (internal and spiritual strength) with concentration and confidence. To break our opponent's concentration and sometimes as a way of communicating our intentions. (Like we do when we practice our one step self-defence).

The yell must come from the abdomen (Dan Jun) which we call the "energy field".

- Why do we stand at attention?

To show that we are ready to listen. It is a gesture showing that we are paying attention.

Basic Hand Technique (KI BON DONG JAK) #5

(HORSE STANCE – JU CHUM SEOGI)

- 1 – At same time do right outward middle block and left middle punch.
- 2 – Leave the right middle block and do a left high punch.
- 3 – Then do a left high block and a right high punch.
- 4 – Leave left high block and do right middle punch.
- 5 – On the right side do a left high block and a right outward middle block.
- 6 – Do a left uppercut punch under the right arm.
- 7 – Do a right middle side punch.
- 8 – 10 three middle punches Shout "TaeKwonDo."



Kicking (BHAL-CHA-GEE):

- A: Walking stance front kick.
- B: Walking stance round house.
- C: Walking stance axe kick.
- D: Walking stance side kick.
- E: Walking stance back kick.

One Step Self Defence (13-15)

13 – Move your right foot backwards, changing to back stance. At the same time do a left single knife middle block. Move your left foot forward changing to a front stance. Grab your opponent's wrist with your left hand and with the palm of the hand attack the chin. With your right hand, grab the back of the neck and pull down. At the same time attack with the knee to the stomach.

14– Move you right foot back changing into back stance. At the same time do a left inside single knife middle block. Grab your opponent's wrist with your left hand. Move your left foot forward changing into a front stance. At the same time attack their face with your right elbow and immediately execute a right hand back fist to the face. Then lift up their left arm and middle upper cut punch to the ribs.

15 – Move to right foot backward changing into back stance. At the same time execute a left single knife hand middle block. Move your left foot changing into a forward stance. With your left hand grab the wrist and at the same time execute a right elbow attack to the stomach. Push forward with left hand and swing your right hand around to sweep the front leg. Lift your right foot and attack your opponent's stomach with your heel.

Sparring – Kyu-Ru-Gee (Olympic Style)

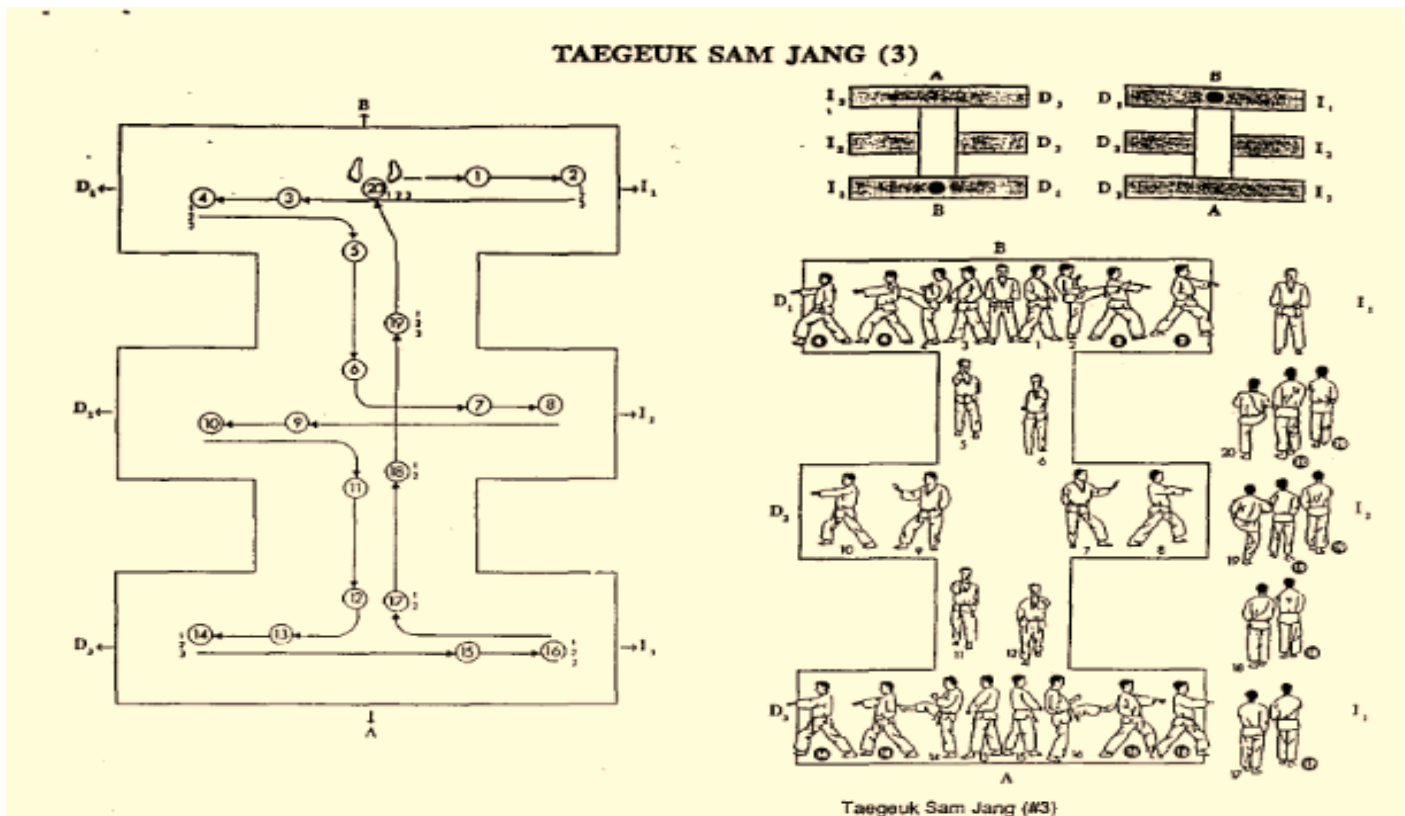
Forms (Poomse)

Random Basic Form 1-4 (Ki Bon)

You will be asked to perform either TAEGEUK 1 or 2



Taegeuk SAM JANG (3)



1. LOOK (in direction of movement)	2. RYH (ready your hands)	3. MOVE YOUR FOOT Kick or step	Stance	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 Front Kick	R Front Stance	R Double Punch	
3 180d R			R Walking Stance	R Low Block	
4 Straight		L Front Kick	L Front Stance	L Double Punch	
5 90d L			L Walking Stance	R Knife hand strike to Neck	
6 Straight			R Walking Stance	L Knife hand strike to Neck	
7 90d L			R Back stance	L one knife hand Outside Block	
8 Straight			L Front Stance	R Reverse Middle Punch	
9 180d R			L Back Stance	R one knife hand Outside Block	
10 Straight			R Front Stance	L Reverse Middle Punch	
11 90d L			L Walking Stance	R Reverse Inside Block	
12 Straight			R Walking Stance	L Reverse Inside Block	
13 270d L			L Walking Stance	L Low Block	
14 Straight		R Front Kick	R Front Stance	R Double Punch	
15 180d R			R Walking Stance	R Low Block	
16 Straight		L Front Kick	L Front Stance	L Double Punch	
17 90d L			L Walking Stance	L Low Block	R Reverse Middle Punch
18 Straight		R Front Kick	R Walking Stance	R Low Block	L Reverse Middle Punch
19 Straight		L Front Kick	L Walking Stance	L Low Block	R Reverse Middle Punch
20 Straight		R Front Kick	R Walking Stance	R Low Block	L Reverse Middle Punch & YELL
			Ready Stance		

