



High Blue Belt Curriculum

Terminology:

<u>English</u>	<u>Korean</u>
Arm	Pal
Hand	Soen
Fist	Joo-muk
Backfist	Dung joo-muk
Hammer fist	Meh joo-muk
Elbow	Pal-goop
Palm	Pa-tang-soen

Basic Hand Technique (KI BON DONG JAK) #8

(HORSE STANCE – JU CHUM SEOGI)

- 1 – At the same time (on right side) do a left knife hand high block and right knife hand attacking the neck.
- 2 – Leave left hand high block and do a right knife hand low block.
- 3 – At the same time (on left side) do a right knife hand highblock and left knife hand outward middle block.
- 4 – Leave right high block and do a left knife hand attacking the neck.
- 5 – Do a left single knife hand low block.
- 6 – Do a double cross knife hand low block (45 degrees to left)
- 7 – Do double elbow strike behind your waist.
- 8 – 10 three middle punches Shout “TaeKwonDo.”

Kicking (BHAL-CHA-GEE):

- A: Sliding stance front kick.
- B: Sliding stance round house.
- C: Sliding stance axe kick.
- D: Sliding stance hook kick.
- E: Spinning hook kick

One Step Self Defence (16-18)

22 – Move your left foot backwards changing into back stance, and do a right inside knife hand block. Grab opponent’s hand with your fingers on the outside of their palm and turn clockwise. Pull the hand back and with your right foot do a front snap middle kick.

23 – Move your right foot back half a step. Do a left foot inward crescent kick, blocking your opponent’s punch. Then to a spin kick to the head with your right foot.



24 – Move your left foot back half a step. Do a right foot inward crescent kick, blocking your opponent's punch. Then do a spin kick to the head with your left foot.

Breaking – KYUK-PAH

Hook kick

Sparring – Kyu-Ru-Gee (Olympic Style)

Forms (Poomse) – TAEGEUK YOOK JANG

You will be asked to perform either TAEGEUK 1 or 2 or 3 or 4 or 5

Indomitable Mind Body Academy Student Oath

I shall abide by the Spirit of Taekwondo

I shall comply with Taekwondo's rules and regulations

I shall respect and obey the school instructors

We as students are united in a mutual friendship

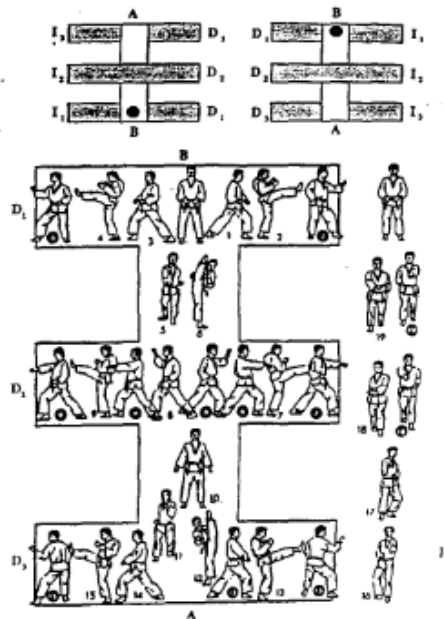
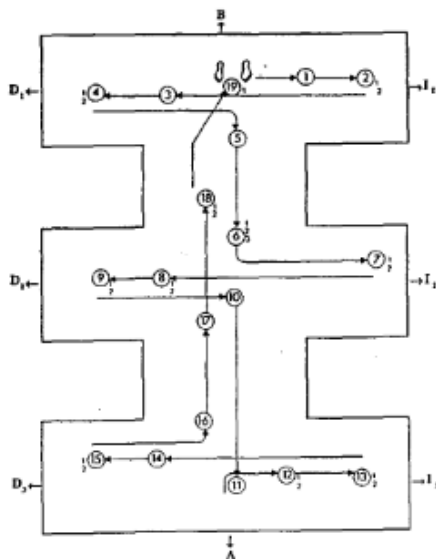
I shall respect seniors

I shall never misuse Taekwondo



TAEGEUK YOOK JANG (6)

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Taeguk Yook Jang (#6)

1. LOOK (In direction of movement)	2. RYH (ready your hands)	3. MOVE YOUR FOOT kick or step	4. ACTION Stance	5. FOLLOW UP Defense: Block Offense: Strike
0			Ready Stance	
1: 90d L			L Front Stance	L Low Block
2: Straight		R Front Kick	R Back Stance	L Outside Block
3: 180d R			R Front Stance	R Low Block
4: Straight		L Front Kick	L Back Stance	R Outside Block
5: 90d L			L Front Stance	R Reverse Knife Hand Outside Block
6: Straight		R Roundhouse Kick		
7: 90d L			L Front Stance	L Outside Block
8: 180d R			R Front Stance	L Reverse Middle Punch
9: Straight		L Front Kick	R Front Stance	R Outside Block
10: 90d L			L Front Stance	R Reverse Middle Punch
11: Straight			Ready Stance	grab lapel to choke neck finish like double low block
12: Straight		L Roundhouse Kick & YELL	R Front Stance	L Reverse Knife Hand Outside Block
13: 270d R			R Front Stance	R Low Block
14: Straight		L Front Kick	L Back Stance	R Outside Block
15: 180d L			L Front Stance	L Low Block
16: 90d L		R Front Kick	R Back Stance	L Outside Block
17: 90d L			R Back Stance	L Both Knife Hand Middle Block
18: Straight		Backward	L Back Stance	L Both Knife Hand Middle Block
19: Straight		Backward	L Front Stance	L Palm Inside Block
		Backward	R Front Stance	R Palm Inside Block
			Ready Stance	L Reverse Middle Punch & YELL
			Ready Stance	