



High Orange Belt Curriculum

Terminology:

<u>English</u>	<u>Korean</u>
Forward Stance	Ap-koo-bee
Back Stance	Dwee-koo-bee
Form	Poomse
Turn Around	Dwee-ro-do-a
Ready for kicking	Bal-cha-gee, joon be
Breaking	Kyuk-pa

Basic Hand Technique #4

(Horse Stance = Ju Chum Seogi)

- 1 – Both hand inner wrist middle block
- 2 – Both hand knife hand low block
- 3 – Right hand knife strike
- 4 – Left hand knife strike
- 5 – Right crescent hand to throat
- 6 – Left palm strike to chin
- 7 – Right straight finger strike to body
- 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
Back kick

One Step Self Defence (7-9)

10- Right foot slide back into back stance, left knife block. Move left foot and change into front stance and at same time attack throat with right hand. Grab wrist with left hand, grab opponent clothing with right wrist. Pull opponent towards you and sweep his front leg with right leg. Execute punch to opponent on ground.

11 – Move you right foot back changing into back stance. At same time do a left inside middle block. Wrap wrist round opponent's wrist and look over right shoulder. Turn round backwards and attack with right elbow to the head ending up in horse stance.

12 – Move to right side 45 degrees with right foot, then do back kick to stomach with right foot.



Sparring – Kyu-Ru-Gee (Olympic Style)

Breaking Board = Kyuk-Pah

- Axe Kick

Forms = Poomse (Ki Bon Sah Jang) #4

Ready Stance = Junbi

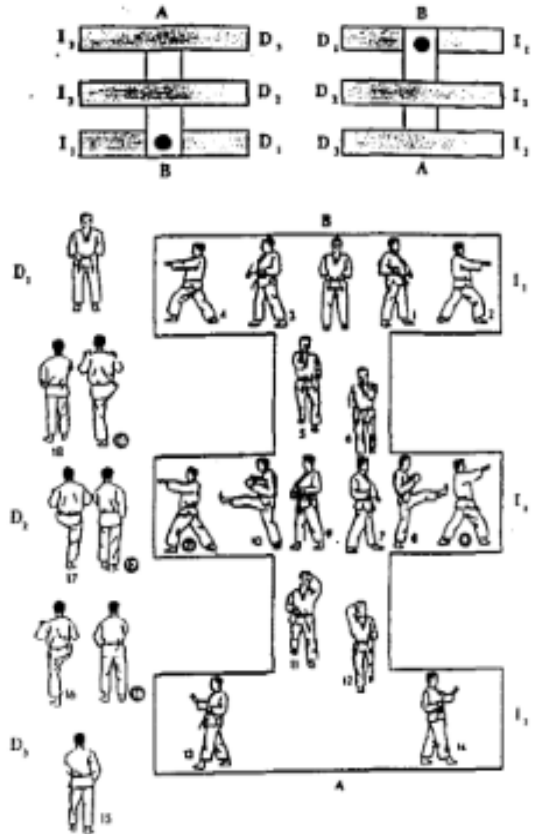
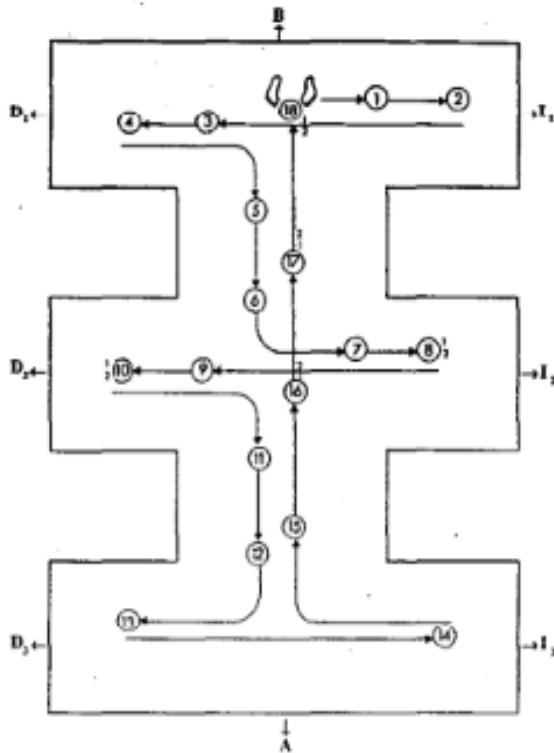
1. Turn left 90°, execute single knife hand middle block whilst in back stance.
2. Move left foot into front stance and do right middle punch.
3. Turn right 180° and do a right knife middle block whilst in back stance.
4. Move right foot into front stance and do left middle punch.
5. Move left foot 90° and do a left low block and right middle block in front stance.
6. Do right straight front snap kick and left middle punch in front stance.
7. Do left straight front snap kick and right middle punch in front stance.
8. Execute right roundhouse kick and “KI-YAP”. Move left foot and turn 270°, and do left hand knife block in back stance.
9. Move left into front stance and do right middle punch.
10. Move right foot and turn 180° and do a right knife middle block whilst in back stance.
11. Move right foot into front stance and execute left middle punch.
12. Move left foot 90° and do a left low block and right middle punch in front stance.
13. Do right straight front snap kick and then middle punch.
14. Do right jump front double kick, followed by left double middle punch whilst in front stance (KI-YAP)

Indomitable Mind Body Combat Academy
TAEKWONDO



Taeguk Yee Jang (2)

TAEGEUK YEE JANG (2)



Taeguk Yee Jang (#2)

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 Front Stance	R Middle Punch
3 180d R			R Walking Stance	R Low Block
4 Straight			L Front Stance	L Middle Punch
5 90d L			L Walking Stance	R Reverse Inside Block
6 Straight			R Walking Stance	L Reverse Inside Block
7 90d L			L Walking Stance	L Low Block
8 Straight		R Front Kick	R Front Stance	R High Punch
9 180d R			R Walking Stance	R Low Block
10 Straight		L Front Kick	L Front Stance	L High Punch
11 90d L			L Walking Stance	L High Block
12 Straight			R Walking Stance	R High Block
13 270d L			L Walking Stance	R Reverse Inside Block
14 180d R			R Walking Stance	L Reverse Inside Block
15 90d L			L Walking Stance	L Low Block
16 Straight		R Front Kick	R Walking Stance	R Middle Punch
17 Straight		L Front Kick	L Walking Stance	L Middle Punch
18 Straight		R Front Kick	R Walking Stance	R Middle Punch & YELL
			Ready Stance	