



Blue Belt Curriculum

Terminology:

English

High Punch

Middle Punch

Low punch

Reverse punch

Side punch

Spearhand jab

Korean

Sang-dan jee-ru-gee

Joong-dan-jee-ru-gee

Ha-dan jee-ru-gee

Moem-tong pa-ro jee-ru-gee

Moem-tong yup jee-ru-gee

Pyung-son gut

Basic Hand Technique (KI BON DONG JAK) #7

(HORSE STANCE – JU CHUM SEOGI)

1 – Double knife hand attacking neck.

2 – Double knife hand outward block

3 – Right single knife strike to neck

4 – Right single knife hand block

5 – Left single knife hand to neck

6 – Left single knife hand block

7 – Right uppercut to face

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: Sliding stance back kick.

One Step Self Defence (16-18)

19– Move your right foot backwards, changing into back stance. At the same time do a left single knife hand middle block. Grab your opponent’s wrist with your left hand, change into front stance and do a right middle punch. Pull your right hand back and do an uppercut to the chin.

20 – Move right foot backwards and do left knife hand middle block. Grab opponent’s hand and go into front stance with left foot. Do right ridge hand attack to neck. Sweep with right foot and attack the head of the downed opponent with middle punch.



21 – Move right foot back changing into front stance, with right hand outside knife hand middle block. Waist should be turned to left. Grab opponent's arm. While pulling back execute a roundhouse kick to middle section. Kick left over opponents' arm and head and use left elbow strike to the back.

Breaking – KYUK-PAH

Jump Side Kick

Sparring – Kyu-Ru-Gee (Olympic Style)

Forms (Poomse) – TAEGEUK OH JANG

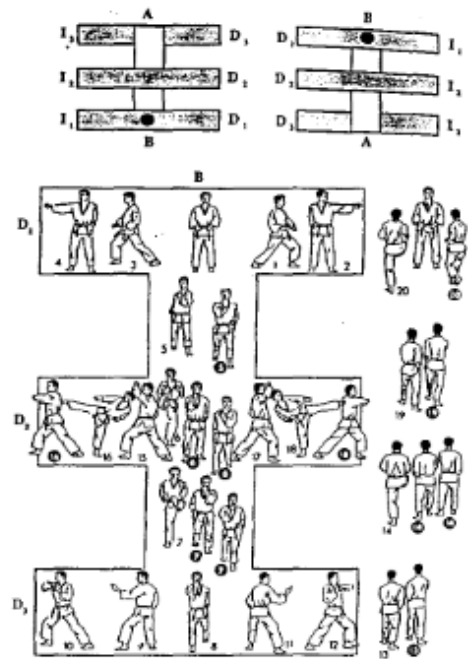
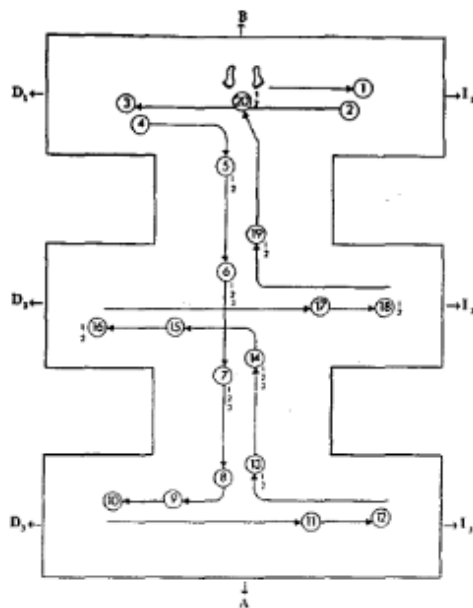
You will be asked to perform either TAEGEUK 1 or 2 or 3 or 4

HOW DO YOU MAKE POWER?

Power (force) = Weight (mass) X Speed (acceleration) with concentration, yelling, balance and confidence.



TAEGEUK OH JANG (5)



Taegeuk Oh Jang (#5)

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 Front Stance	L Low Block
2 Straight			L L-Stance	L Hammer Fist
3 180d R			R Front Stance	R Low Block
4 Straight			R L-Stance	R Hammer Fist
5 90d L			L Front Stance	L Inside Block
6 Straight		R Front Kick	R Front Stance	R Back Fist to Face
7 Straight		L Front Kick	L Front Stance	L Back Fist to Face
8 Straight			R Front Stance	R Back Fist To Face w/ YELL
9 270d L			R Back Stance	L One Knife Hand Outside Block
10 Straight			R Front Stance	R Elbow strike to High Section (Jaw)
11 180d R			L Back Stance	R One Knife Hand Outside Block
12 Straight			L Front Stance	L Elbow strike to High Section (Jaw)
13 90d L			L Front Stance	L Low Block
14 Straight		R Front Kick	R Front Stance	R Low Block
15 90d L			L Front Stance	L High Block
16 Straight		R Side Kick	R Front Stance	L Elbow strike to High Section (In Jung)
17 180d R			R Front Stance	R High Block
18 90d L		L Side Kick	L Front Stance	R Elbow strike to High Section (In Jung)
19 90d L			L Front Stance	L Low Block
20 Straight		R Front kick	X- Stance	R Back Fist to High Section (In Jung) w/ YELL
			Ready Stance	