



## High Green Belt Curriculum

### ***Terminology:***

<b><u>English</u></b>	<b><u>Korean</u></b>
With count	Goo-ryung-eh mat-choo-u-su
Without count	Goo-ryung up-shee
Change stance	Bal-ba-gwu-su
Sparring	Kyu-roo-gee
One-step sparring	Han-bun kyu-roo-gee
Finish training	Soo-ryn-gut

### ***Basic Hand Technique (KI BON DONG JAK) #6***

(HORSE STANCE – JU CHUM SEOGI)

- 1 – Right inward middle block, supported by left arm.
- 2 – Leave left arm support and do a right fist.
- 3 – Left inward middle block, supported by right arm.
- 4 – Leave right arm support and do a left hand back fist.
- 5 – On left side, do a right high block and left outward middle block.
- 6 – Do right uppercut punch under left hand fist.
- 7 – Left knife-hand side strike (palm face down).
- 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 hook kick.
- E: Walking stance back kick.

### ***One Step Self Defence (16-18)***

16– Move you right foot back changing into back stance. At the same time do a right inside middle block. Look over left shoulder, turn around backwards and do left elbow strike to stomach and change into horse stance. Move your left foot forward changing into a front stance, at the same time swing right elbow backwards across face.

17 – Move to left side 45° starting with left foot. Then do a hook kick and roundhouse kick with right foot.



18 – Move to right side 45° starting with right foot. Then do a round house kick and hook kick with left foot.

## **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 or 3***



## Taeguk SAR JANG (4)

**TAEGEUK SA JANG (4)**

Taegeuk Sa Jang (#4)

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			R Back Stance	L Both Knife Hand Middle Block
2 Straight			R Front Stance	R Spear Finger Thrust to Middle
3 180d R			L Back Stance	R Both Knife Hand Middle Block
4 Straight			L Front Stance	R Spear Finger Thrust to Middle
5 90d L			L Front Stance	L Knife Hand High Block & R Knife Hand Strike to Neck
6 Straight		R Front Kick	R Front Stance	L Reverse Middle Punch
7 Straight		L Side Kick		
8 Straight		R Side Kick	L Back Stance	R Both Knife Hand Middle Block
9 270d L			R Back Stance	L Outside Block
10 Straight		R Front Kick	R Back Stance	R Reverse Inside Block
11 180d R			L Back Stance	R Outside Block
12 Straight		L Front Kick	L Back Stance	L Reverse Inside Block
13 90d L			L Front Stance	L Knife Hand High Block & R Knife Hand Strike to Neck
14 Straight		R Front Kick	R Front Stance	R Back Fist Strike to Face
15 90d L			L Walking Stance	L Inside Block
16 180d R			R Walking Stance	R Inside Block
				R Reverse Middle Punch
				L Reverse Middle Punch
17 90d L			L Front Stance	L Inside Block
18 Straight			R Front Stance	R Inside Block
				R Reverse Double Punch
				L Reverse Double Punch w/ YELL
			Ready Stance	

