



Red Belt Curriculum

Terminology:

<u>English</u>	<u>Korean</u>
Right / Left face	Jwa-oo-yang-oo
Chest protector	Hoe-go
Blue	Chung
Red	Hoeng
Continue	Gyay-sock
Separate/Break	Gal-yu
Pre-warning	Joo-wee

Basic Hand Technique (KI BON DONG JAK) #9

(HORSE STANCE – JU CHUM SEOGI)

- 1 – Right hand middle punch to left side
- 2 – Left hand middle punch to right side.
- 3 – Left elbow attack sideways, support from right hand.
- 4 – Left high block fist to side.
- 5 – Leave your left high block and do a right high block to right side.
- 6 – At same time do a left high block and right low block
- 7 – At the same time do a right knifehand high block and left knifehand low block
- 8 – 10 three middle punches Shout “TaeKwonDo.”

Kicking (BHAL-CHA-GEE):

- A: Jump with front snap kick
- B: Jump with roundhouse kick
- C: Jump with axe kick.
- D: Jump with side kick
- E: Jump with back kick

One Step Self Defence (16-18)

25 – Move your left foot backwards changing into back stance, and do a right outside middle block. Grab opponent’s hand with your fingers. Step forward with your left foot and lift up your right hand. Next pull your opponent’s elbow on your left shoulder (up to down) and with your left elbow attack the opponent’s chest. With your hands grab your opponent’s right hand and move to your right side. Turn your body to the left side.



26 – Move your right foot back one step followed by half a step backwards with your left foot. Do a left foot outward crescent kick, blocking your opponent's punch. Then jump and do a front snap kick to head with right foot.

27 – Move your right foot back one step followed by half a step backward with your left foot. Do a left outward crescent kick, blocking your opponent's punch. Then do a jump roundhouse kick to the head with your right foot.

Breaking – KYUK-PAH

360 jumping back kick

Sparring – Kyu-Ru-Gee (Olympic Style)

Forms (Poomse) – TAEGEUK CHILL JANG

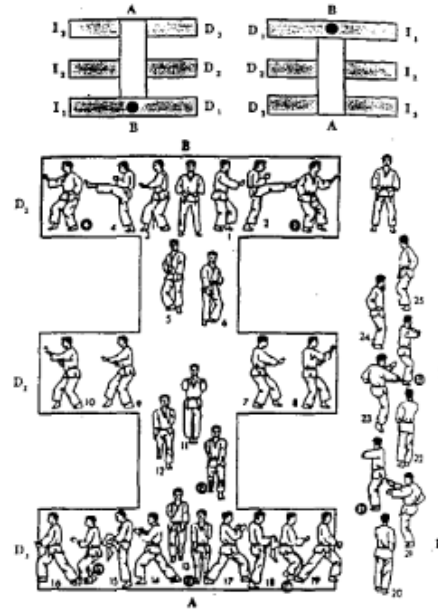
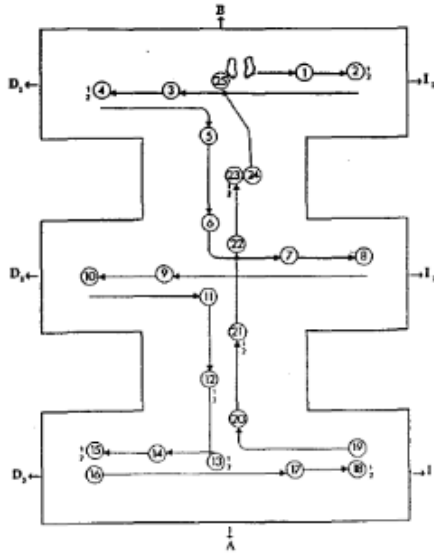
You will be asked to perform either TAEGEUK 1 or 2 or 3 or 4 or 5 or 6

1. How does Taekwondo help your everyday life?
2. What part of you foot do you use for:
 - a. Front kick – use the ball of foot
 - b. Round house kick – use the ball and instep of foot
 - c. Side kick – use the side of your foot near the heel
 - d. Hook kick – use the bottom or the heel of the foot
 - e. Axe kick – use the bottom of boot, bottom heel or back of the heel



TAEGEUK CHILL JANG (7)

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Taegeuk Chill Jang (7)

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 Tiger Stance	R Palm inside Block
2 Straight		R Front Kick	R Back Stance	L Inside Block
3 180d R			L Tiger Stance	L Palm inside Block
4 Straight		L Front Kick	L Back Stance	R Inside Block
5 90d L			R Back Stance	L Both Knee Hand Low Block
6 Straight			L Back Stance	R Both Knee Hand Low Block
7 90d L			R Tiger Stance	R Palm inside Block with Support
8 Straight				R Back Fist Strike
9 180d R			L Tiger Stance	L Palm inside Block with Support
10 Straight				L Back Fist Strike
11 90d L			Attention Stance	R Fist inside L Palm. Gather the Energy, slowly raise from the Abdomen to High Section
12 Straight			L Front Stance	Scissors Block
13 Straight			R Front Stance	Reverse Scissors Block
14 270d L			L Front Stance	Both Hand Hae Chur Block
15 Straight		R Knee Strike	R X-Stance	Double Uppercut to Kidney
16 Straight		Back w/ LF	R Front Stance	R X-Block
17 180d R			R Front Stance	Both Hand Hae Chur Block
18 Straight		L Knee Strike	L X-Stance	Double Uppercut to Kidney
19 Straight		Back w/ RF	L Front Stance	L X-Block
20 90d L			L L-Stance	L Back Fist Strike to High Section w/ YELL
21 Straight	L hold Head	R Out to in Slap Kick	Horse Back Stance	R Elbow Strike to L Palm
22 90d R			R L-Stance	R Back Fist Strike to High Section
23 Straight	R hold Head	L Out to in Slap Kick	Horse Back Stance	L Elbow Strike to R Palm
24 90d L		Forward	Horse Back Stance	L One Knee Hand Cussoo Block
25 Straight		Forward	Horse Back Stance	Shoe Punch w/ YELL
			Ready Stance	

