



High Red Belt Curriculum

Terminology:

English

Low knife hand
wedge block

Korean

Heh-chuy-mak-kee

Knife hand

Han-son-nal ul-gool-pa-gat-mak-kee

Sweeping face block

Basic Hand Technique (KI BON DONG JAK)

(HORSE STANCE – JU CHUM SEOGI)

All hand techniques #1 - 10

Kicking (BHAL-CHA-GEE):

A: Jump with front snap kick

B: Jump with roundhouse kick

C: Jump with side kick.

D: Jump with back kick

E: Jump with spinning hook kick

One Step Self Defence (28-33)

28 – Move your right foot back and do a left foot inward crescent kick, blocking your opponent's punch. Then do a jump spin kick with your right foot.

29 – Move your left foot back and do a right foot inward crescent kick, blocking your opponent's punch. Then do a jump spin kick with your left foot.

30 – Move your right foot back changing into a back stance and do a left hand outside middle block. Grab our opponent's hand with your fingers on the outside of their palm. Step forward with your right foot and turn their hand counter clockwise. Move your left foot counter clockwise and push their hand diagonally.

31 – Move your right foot back changing into a front stance. At the same time do a right hand outside knife hand middle block. With your waist turned left grab you opponent's arm and do a right foot hook kick to the head, followed by a roundhouse kick to face (all in one motion).

32 – Step back (a half step beginning with your right foot). Do a left foot inward crescent kick, blocking your opponent's punch. Move 45 degrees to the left, (starting with left foot) and then do a jump kick with your right leg.



33 – Move your left foot back one step. Do a right foot inward crescent kick, blocking your opponent's punch. Then do a jump back kick to the stomach with your left leg.

Breaking – KYUK-PAH

You must break three times and choose your techniques. It must include:

- power technique
- high technique kick
- jumping technique

Sparring – Kyu-Ru-Gee (Olympic Style)

Sparring will be done in 2 minutes and 2 rounds 1:1 and 1:2

EXPLANATION OF A KICK:

You will need to explain one kick (any kick) and explain it completely as if teaching a class.

(example) ROUND HOUSE KICK

- How do you execute the roundhouse kick?
- How many variants of roundhouse kick are there?
- When is roundhouse kick most effective?
- Etc.

REPORT:

You must write a report on Tae Kwon Do. It must be at least three pages and it must be typed (double spaced)

Examples:

- 1 – Tae Kwon Do in general
- 2 – A specific topic of Tae Kwon Do
- 3 – History of Tae Kwon Do
- 4 – Your own experience of Tae Kwon Do
- 5 – Choose your own topic

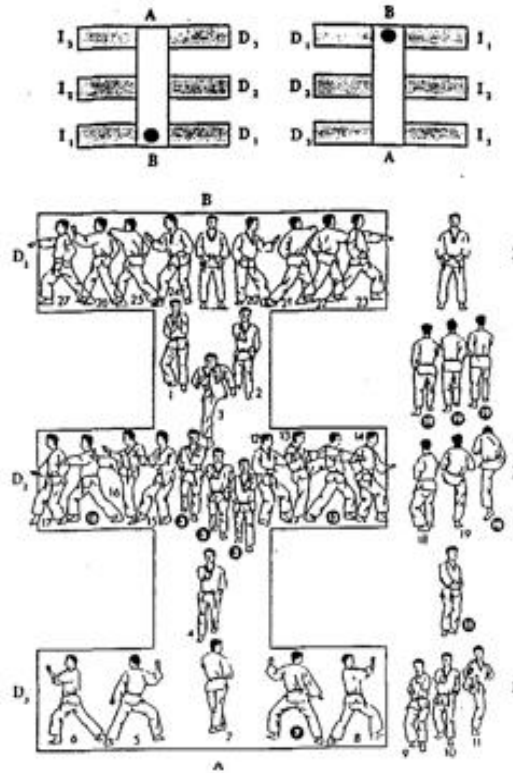
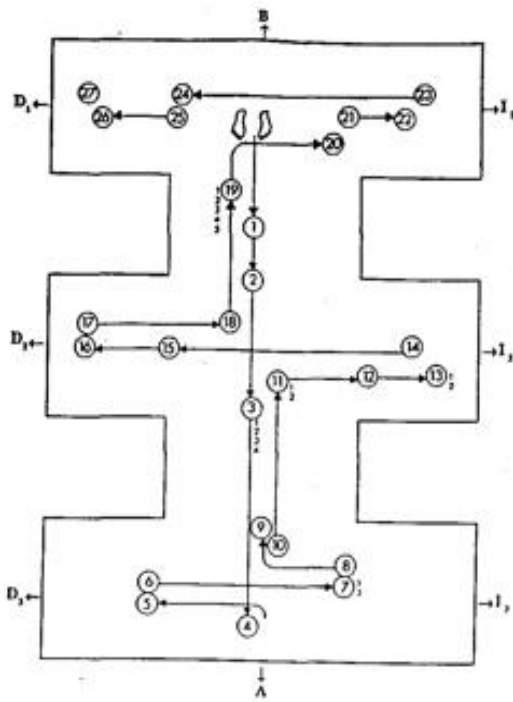
Forms (Poomse)

You must demonstrate all Taeguks 1 – 8
Masters will choose an additional basic form

GOOD LUCK!!!!!!!



TAEGEUK PAL JANG (8)



Taegeuk Pal Jang (#8)

1. LOOK (in direction of movement)	2. RYH (ready your hands)	3. MOVE YOUR FOOT kick or step	Stance	4. ACTION Defense: Block Offense: Strike	5. FOLLOW UP Defense: Block
0			Ready Stance		
1 Straight			R Back Stance	Both Hand Middle Block	
2 Straight			L Front Stance	R Reverse Middle Punch	
3 Straight		L Jump Front Kick w/ YELL	L Front Stance	L Inside Block	Double Punch
4 Straight			R Front Stance	R Middle Punch	
5 270d L			R Front Stance	L Low Block & R Outside Block	
6 Straight			L Front Stance	R Uppercut (Slowly) to High Section	
7 180d R		cross L over R	L Front Stance	R Low Block & L Outside Block	
8 Straight			R Front Stance	L Uppercut (Slowly) to High Section	
9 270d L			R Back Stance	Both Knife Hand Middle Block	
10 Straight			L Front Stance	R Reverse Punch	
11 Straight		R Front Kick	L Tiger Stance	R Palm Inside Block	
12 90d L			R Tiger Stance	Both Knife Hand Middle Block	
13 Straight		L Front Kick	L Front Stance	R Reverse Middle Punch	
14 Straight		step Back	R Tiger Stance	L Palm Inside Block	
15 180d R			L Tiger Stance	Both Knife Hand Middle Block	
16 Straight		R Front Kick	R Front Stance	L Reverse Middle Punch	
17 Straight		step Back	L Tiger Stance	R Palm Inside Block	
18 90d R			L Back Stance	Both Hand Low Block	
19 Straight		L Front Kick R Jump Front Kick	R Front Stance	R Inside Block	L Reverse Middle Punch w/ YELL
20 270d L			R Back Stance	L Knife Hand Outside Block	
21 Straight			L Front Stance	R Reverse Elbow Strike	
22 Straight			R Tiger Stance	R Reverse Back Fist Strike	
23 Straight			L Tiger Stance	L Middle Punch	
24 180d R			L Back Stance	R Knife Hand Outside Block	
25 Straight			R Front Stance	L Reverse Elbow Strike	
26 Straight				L Reverse Back Fist Strike	
27 Straight				R Middle Punch w/ YELL	
			Ready Stance		

