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BEGINNING CYCLE 2 CURRICULUM

FORM (HYUNG) Stripe (black)

Dan Gun: (21 Movements) Dan-gun is the form named after the legendary founder of Korea in the year 2333 B.C. It is shaped like a capital "I".

Stances: Walking Stance
L-Stance

Ki-Up: 1, 8, 17

Attacks: High Section Punch
Knifehand to the Throat

Blocks: Low Section Block
Two Hand Cutting Block
Rising Block
Twin Forearm Block

COMBINATIONS Stripe (blue)

Techniques

Hands:

1. Lead Hook Punch
2. Hook Punch
3. Lead Horizontal Elbow
4. Horizontal Elbow

Kicks:

1. Lead Leg Side Kick
2. Turning Side Kick
3. Skip Side Kick
4. Turning Back Kick

(Note: Foot position – Heel of foot)

STEP-DEFENSE Stripe (violet)

There are six Step Defenses for Yellow Belt students. They are made up of countering actions to different attacking punches or kicks. Each step defense is initiated by a "ki-up" from the student being attacked to show readiness.

1. **Ki-up;** (opponent) Lunge Punch; **Lead cutting block, Reverse punch with ki-up**
2. **Ki-up;** (opponent) Skip Side Kick; **Back leg step out with lead low parry block, Reverse punch with ki-up**
3. **Ki-up;** (opponent) Turning Side Kick; **Lead leg step back with low parry block, reverse punch with ki-up**

SELF-DEFENSE (HO-SIN-SUL) Stripe (orange)

1. **Same Side One Hand Shoulder Grab** A. Step back rising block; Lead side kick, ki-up; Cross out.
2. **Two Hand Shoulder Grab** A. Punch; Step back double palm pressing block; Lead side kick, ki-up; Cross out.
3. **One Hand Cross Grab** A. Punch; Step forward elbow break; Kick (or vertical knee strike), ki-up; Cross out.

BEGINNING LEVEL PHYSICAL FITNESS Stripe (yellow)

25 Sit-ups 25 Push-ups

REVIEW Stripe (red)

Students will be tested on all previous curriculum stripes.
Please study your Glossary sheet for terminology, and Code of Ethics that pertain to your belt level.
Come to your Review Testing 5-10 minutes early to warm up. Students who are testing MUST be in traditional uniform.
Please pay your testing fee before you test.

COURTESY Stripe (white)

As with white belt students, instructors continue to watch behavior closely. Proper courtesy and respect to fellow students and to instructors should be improved and becoming automatic. When this is demonstrated by students, a white courtesy stripe will be awarded. As before, parents will be consulted regarding home behavior for children. Please Note: This stripe may be awarded at any time but may also be taken away.

Notes: Testing fee for next belt is \$35.00 Adult
\$17.00 Junior

SPARRING HOURS: 4
(Green Stripe)

Goal for Next Belt Promotion: _____

Minimum THREE Months