



ADVANCED CYCLE 1 CURRICULUM

TRADITIONAL FORMS - GREEN STRIPE

CHOONG-GUN: 32 movements. Choong-Gun is named for the patriot Ahn Choong-Gun who assassinated the first Japanese Governor-General named Hiro-Bumi Ito. The 32 movements represent the age at which he was executed in Lui-Shung prison in 1910.

SPARRING - RED STRIPE

Must have required sparring gear! Head gear, hand pads, foot pads, mouth piece, groin protection (boys only). Face shields and rib guards are recommended but not required

SELF-DEFENSE - WHITE STRIPE

- **KNIFE/STICK:** (Upper left) Left outer forearm block, grab with left hand and right palm heel to face. Circle right arm under attacker's arm and strike elbow, grab shoulder and leg sweep. Right stomp to face.
- **GUN:** (1 hand - front) Use left hand to block weapon to right side, grabbing wrist and left side kick. Twist to left and strike hand/gun and remove gun from attacker with your right hand, follow up with a hammer strike with the butt of the gun to the temple. *(reverse if gun is in left hand)

STRIKES AND BLOCKS - YELLOW STRIPE

STRIKES: Axe kick

BLOCKS: Ridge hand block, double press block

BLACK BELT ATTITUDE - BLACK STRIPE

MINIMUM OF 3 BLACK STRIPES REQUIRED: The most important aspect of martial arts training is that of respect. As you move forward in belt rank, the importance of respect increases. Instructors will expect continued improvement to qualify for this stripe. Turn in the required responsibility sheets after they are completed.

PHYSICAL FITNESS REQUIREMENTS

PUSH-UPS: 100

SIT-UPS: 100

SQUATS: 100

BOARD BREAKING REQUIREMENTS

KIDS (-60 LBS): 3/4 board x 3

KIDS (60-125 LBS): 1 board x 3

ADULTS: 2 boards x 3

INFORMATION

5 WAYS OF ATTACK: 1) Single direct attack 2) Attack by combination 3) Attack by drawing 4) Attack by trapping 5) Progressive indirect attack



ADVANCED CYCLE 2 CURRICULUM

TRADITIONAL FORMS - GREEN STRIPE

TOI-GYE: 37 movements. Toi-Gye is the pseudonym of Yi Hwang, an expert in neo-confucianism. The 37 moves represent the 37th of latitude of his birthplace. The shape of this pattern is a + over a -, which represents scholar.

SPARRING - RED STRIPE

Must have required sparring gear! Head gear, hand pads, foot pads, mouth piece, groin protection (boys only). Face shields and rib guards are recommended but not required.

SELF-DEFENSE - WHITE STRIPE

- **KNIFE/STICK:** (Upper right) Left inward block while right helps block, then right hand grabs attacker's wrist. Step left foot toward attacker and left backward elbow strike to ribs. Twist arm clockwise and break elbow against shoulder. Change grip and duck under arm, pull hand downward in bent elbow lock to throw to ground.
- **GUN:** (2 hands - front) Grab gun with both hands and push upward toward attacker's face. Pull downward and inward to pull out of attacker's hand. *If weapons doesn't release, then twist to right and pull as you drop your body over attacker's elbow creating an arm bar and driving attacker to ground. Remove weapon.

STRIKES AND BLOCKS - YELLOW STRIPE

STRIKES: J-step side kick

BLOCKS:

BLACK BELT ATTITUDE - BLACK STRIPE

MINIMUM OF 3 BLACK STRIPES REQUIRED: The most important aspect of martial arts training is that of respect. As you move forward in belt rank, the importance of respect increases. Instructors will expect continued improvement to qualify for this stripe. Turn in the required responsibility sheets after they are completed.

PHYSICAL FITNESS REQUIREMENTS

PUSH-UPS: 100

SIT-UPS: 100

SQUATS: 100

BOARD BREAKING REQUIREMENTS

KIDS (-60 LBS): 3/4 board x 3

KIDS (60-125 LBS): 1 board x 3

ADULTS: 2 boards x 3

INFORMATION

MEANING OF RED BELT: Red belt means DANGER! Student has technique but lacks control.

LEVELS OF FORCE: 1) Presence 2) Voice 3) Soft hands 4) Hard hands 5) Deadly force



ADVANCED CYCLE 3 CURRICULUM

TRADITIONAL FORMS - GREEN STRIPE

HWA-RANG: 29 movements. This pattern was named for the Hwa-Rang youth movement in Korea. Hwa-Rang literally means "flowering youth". The 29 moves represent the 29th infantry division in which Taekwon-Do matured under the leadership of General Choi.

SPARRING - RED STRIPE

Must have required sparring gear! Head gear, hand pads, foot pads, mouth piece, groin protection (boys only). Face shields and rib guards are recommended but not required.

SELF-DEFENSE - WHITE STRIPE

- **KNIFE/STICK:** A stab coming from the lower left. Step right and left side area block. Snake your left arm to attacker's tricep while moving right hand to their neck. Step back with right foot to bring them down. Knee to the face, knife hand to the neck, palm heel to the head.
- **GUN:** With the gun pressed to either the side or back of the head, turn towards firing side with hands raised. Grab wrist and palm heel strike to the face. Reach over attacker's arm and grab the gun. Hold weapon tightly to your body, and reach across with other arm and grab the weapon. Pull the weapon toward the attacker while pulling his wrist the opposite direction to remove weapon. *If weapon doesn't pull out, grab back of gun with other hand and step backward and use the leverage to pull it out.

STRIKES AND BLOCKS - YELLOW STRIPE

STRIKES: Tornado kick

BLOCKS:

BLACK BELT ATTITUDE - BLACK STRIPE

MINIMUM OF 3 BLACK STRIPES REQUIRED: The most important aspect of martial arts training is that of respect. As you move forward in belt rank, the importance of respect increases. Instructors will expect continued improvement to qualify for this stripe. Turn in the required responsibility sheets after they are completed.

PHYSICAL FITNESS REQUIREMENTS

PUSH-UPS: 100

SIT-UPS: 100

SQUATS: 100

BOARD BREAKING REQUIREMENTS

KIDS (-60 LBS): 3/4 board x 3

KIDS (60-125 LBS): 1 board x 3

ADULTS: 2 boards x 3

INFORMATION

6 TRAINING POINTS TO OBSERVE IN FORMS: 1) Accuracy - a form should begin and end on the same spot. 2) Correct posture and facing should be maintained at all times. 3) The muscles of the body should be tensed and relaxed at the proper moments. 4) Each pattern should be perfected before moving on to the next. 5) Students should know the purpose of each movement. 6) Students should perform each move with realism.