



## WHITE BELT CURRICULUM

### TRADITIONAL FORMS - GREEN STRIPE

**SAJU JIRUGI:** 14 movements. This is the basic form meaning "four direction attack." Perform once with the left foot staying planted and again with the right foot staying planted.

**SAJU MAKGI:** 16 movements. This is the basic form meaning "four direction defense." Perform once with the left foot staying planted and again with the right foot staying planted.

### SPARRING COMBINATIONS - RED STRIPE

**COMBINATION 1:** Step, step together, front leg front kick, backfist, cross, kihap

**COMBINATION 2:** Step, step together, front leg side kick, backfist, cross, kihap

**COMBINATION 3:** Step, step together, front leg front kick, step behind, front leg side kick, backfist, cross, kihap

### SELF-DEFENSE - WHITE STRIPE

- **ONE-HANDED WRIST GRAB:** drop in base; make a tight fist; twist body and pull hand out of grip. Use two hands if necessary.
- **TWO-HANDED WRIST GRAB:** drop in base; make a tight fist; grab your own hand; step in towards attacker while shooting elbow up towards attacker's chin.
- **ONE-HANDED LAPEL GRAB:** reach over the arm and grasp the back of attacker's hand; pivot feet and drop elbow while bringing other arm over the top of opponent's wrist; lean towards attacker.
- **TWO-HANDED LAPEL GRAB:** raise one arm and weave it through attacker's arms; clap hands together; pivot towards first arm and push straight out from chest.
- **ONE-HANDED LAPEL GRAB:** grasp back of attacker's hand with same side hand; strike elbow and step under the arm while turning 180°.

### STRIKES AND BLOCKS - YELLOW STRIPE

**STRIKES:** Jab, cross, hook, uppercut, side kick, backfist, front kick

**BLOCKS:** down block, middle block

### BLACK BELT ATTITUDE - BLACK STRIPE

**MINIMUM OF 1 BLACK STRIPE 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:** 30

**SIT-UPS:** 30

**SQUATS:** 30

### BOARD BREAKING REQUIREMENTS

**KIDS (60 LBS):** 1/2 board x 3

**KIDS (60-125 LBS):** 3/4 board x 3

**ADULTS:** full board x 3

### INFORMATION

**STUDENT CREED:** "I will develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health; I will develop self-discipline in order to bring out the best in myself and others; I will use what I learn in class constructively and defensively to help myself and my fellow man, and never to be abusive or offensive."

**1-10 IN KOREAN:** Hana, dool, set, net, ta-sut, ya-sut, il-gup, ya-dool, a-hup, yul.

**MEANING OF WHITE BELT:** White belt represents purity - no knowledge of Taekwon-Do.



## BEGINNER CYCLE 1 CURRICULUM

### TRADITIONAL FORMS - GREEN STRIPE

**CHON-JI:** 19 movements. Chon-Ji literally means "Heaven and Earth" and also represents the beginning. The first half of the form represents earth, while the second half represents heaven. It is shaped like a +.

### SPARRING COMBINATIONS - RED STRIPE

**COMBINATION 1:** Step, step together, front leg round kick, backfist, cross, kihap

**COMBINATION 2:** Step, step together, front leg round kick, step behind, front leg side kick, backfist, cross, kihap

**COMBINATION 3:** Back leg round kick, reverse side kick, backfist, cross, kihap

### SELF-DEFENSE - WHITE STRIPE

- **ONE-HANDED PUSH:** with hands wide, capture wrist and turn to the right, pulling arm through until elbow is under your shoulder; apply pressure down with your shoulder while lifting your hands.

### STRIKES AND BLOCKS - YELLOW STRIPE

**STRIKES:** round kick, side kick

**BLOCKS:** parry, salute block

### BLACK BELT ATTITUDE - BLACK STRIPE

**MINIMUM OF 1 BLACK STRIPE 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:** 30

**SIT-UPS:** 30

**SQUATS:** 30

### BOARD BREAKING REQUIREMENTS

**KIDS (<60 LBS):** 1/2 board x 3

**KIDS (60-125 LBS):** 3/4 board x 3

**ADULTS:** full board x 3

### INFORMATION

**5 ELEMENTS OF POWER:** Hips, stance, focus, reaction force, speed

**MEANING OF YELLOW BELT:** Yellow belt represents a seedling beginning to see the light.



## BEGINNER CYCLE 2 CURRICULUM

### TRADITIONAL FORMS - GREEN STRIPE

**DAN-GUN:** 21 movements. The form is named after the legendary founder of Korea in the year 2333 B.C. All punches are aimed at face level to represent Dan-Gun climbing a mountain. The form is shaped like a capital I.

### SPARRING COMBINATIONS - RED STRIPE

**COMBINATION 1:** Step, step together, front leg front kick, reverse side kick, backfist, cross, kihap

**COMBINATION 2:** Step, step together, front leg round kick, back leg round kick, reverse side kick, backfist, cross, kihap

**COMBINATION 3:** Back leg low and high round kick, back leg front kick, reverse side kick, backfist, cross, kihap

### SELF-DEFENSE - WHITE STRIPE

- **BACK BREAK FALL:** tuck your chin and knees to your chest; exhale as you are falling and slap the ground to dissipate energy.
- **SIDE BREAK FALL:** tuck your chin to your chest; exhale as you are falling; finish on your side with your arm parallel to your thigh and 3 points of contact
- **FRONT BREAK FALL:** land on your forearms with your face turned to the side; exhale as you fall.
- **BASE-UP:** lift yourself using front foot and rear hand; slide other foot behind rear hand and push away from opponent to stand up.

### STRIKES AND BLOCKS - YELLOW STRIPE

**STRIKES:** Striking from base-up position: front kick, side kick, round kick

**BLOCKS:** Double knife hand block, high block, square block

### BLACK BELT ATTITUDE - BLACK STRIPE

**MINIMUM OF 1 BLACK STRIPE 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:** 30

**SIT-UPS:** 30

**SQUATS:** 30

### BOARD BREAKING REQUIREMENTS

**KIDS (-60 LBS):** 1/2 board x 3

**KIDS (60-125 LBS):** 3/4 board x 3

**ADULTS:** full board x 3

### INFORMATION

**HISTORY OF TAEKWON-DO:** Taekwon-Do (the "Way of the Hand and Foot") became the national sport of Korea in 1955. General Choi was the modern-day founder of Taekwon-Do.

**KOREAN FLAG:** The white background of the flag represent purity. The "yin-yang" or "taeguk" in the center represents balance (good/evil, etc.). The symbols on the outside represent heaven (three solid lines), earth (three broken lines), water (two broken lines), and fire (two solid lines).