



INTERMEDIATE CYCLE 1 CURRICULUM

TRADITIONAL FORMS - GREEN STRIPE

DO-SAN: 24 movements. Do-San is the pseudonym of the patriot Ahn-Chang-Ho, who dedicated his life to the education and independence movement in Korea. The 24 moves represent the 24 hours in one day, which also represents his entire life.

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

- **BEAR HUG (ARMS TRAPPED):** Drop in base and stomp attacker's feet, scrape their shins, and hit with the point on the back of your head to loosen their grip; shoot arms straight upward and escape.
- **BEAR HUG (ARMS FREE):** Drop in base; pry attacker's pinky finger to open grip and grasp back of hand with thumb pointed towards knuckles; pivot out, rotating their hand so fingers point upward; grasp hand thumb-to-thumb or apply pressure to elbow with forearm.

STRIKES AND BLOCKS - YELLOW STRIPE

STRIKES: Elbow strikes, knee strikes

BLOCKS: 8 angles of attack / defense

BLACK BELT ATTITUDE - BLACK STRIPE

MINIMUM OF 2 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: 60

SIT-UPS: 60

SQUATS: 60

BOARD BREAKING REQUIREMENTS

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

KIDS (60-125 LBS): 3/4 board x 2, full board x 1

ADULTS: 1 board x 3, 2 boards x 1

INFORMATION

MEANING OF GREEN BELT: Green belt represents a plant beginning to grow. The student who reaches green belt should see their technique becoming more solid.

FORMULA FOR KINETIC ENERGY: KE = $1/2 * (m * v^2)$



INTERMEDIATE CYCLE 2 CURRICULUM

TRADITIONAL FORMS - GREEN STRIPE

WON-HYO: 28 movements. Won-Hyo is named for the monk who introduced Buddhism to the Silla Dynasty in 686 A.D. The form is shaped like a capital "I".

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

- **HEADLOCK (BEFORE IT HAPPENS):** Block hands and feed opponent's far hand to yours (behind their back); grasp other hand and look away, duck behind bringing their arm with you.
- **HEADLOCK:** Turn chin towards opponent; hook hand on hip, other hand behind knee; shoot closest foot between their legs and sit backwards; apply pressure to neck to release.
- **HEADLOCK:** Reach near hand over to under opponent's chin or nose, other hand on inside of knee; rotate arms while stepping back to place opponent on ground; apply pressure to neck to release.

STRIKES AND BLOCKS - YELLOW STRIPE

STRIKES: Hook kick

BLOCKS: Scooping block, square block

BLACK BELT ATTITUDE - BLACK STRIPE

MINIMUM OF 2 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: 60

SIT-UPS: 60

SQUATS: 60

BOARD BREAKING REQUIREMENTS

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

KIDS (60-125 LBS): 3/4 board x 2, full board x 1

ADULTS: 1 board x 3, 2 boards x 1

INFORMATION

6 REASONS FOR THE KIHAP: 1) Startle the opponent 2) Tighten the stomach muscles to keep the wind from being knocked out of you 3) Create more power by tightening the muscles of the body 4) Communication - as in sparring sets 5) To help concentrate your focus 6) To call attention to yourself

DUMB DISTANCE / STUPID STANCE: Most fights begin with one or more people in a stupid stance (arms out, chest forward) and at a dumb distance (really close). Know the danger of this position!



INTERMEDIATE CYCLE 3 CURRICULUM

TRADITIONAL FORMS - GREEN STRIPE

YUL-GOK: 38 movements. Yul-Gok is the pseudonym of a great philosopher and scholar nicknamed the "Confucius of Korea". The 38 movements represent his birthplace on the 38° latitude. The diagram, a + over a - 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

- **FULL-NELSON:** Drop in base; bring hands to forehead in S-grip; pivot 45° and drop rear knee; shoulder roll forward landing next to opponent; scoot backwards to break their grip.
- **GUILLOTINE:** Drop in base and turn chin towards opponent; with outside hand, grasp their choking arm; with other arm, reach over attacker's shoulder and hug in; shuffle to opponent's side and check their knee with yours while pushing in the opposite direction with your head; follow opponent to ground and apply pressure to their neck to release.

STRIKES AND BLOCKS - YELLOW STRIPE

STRIKES: Outside crescent kick, inside crescent kick

BLOCKS: Arc hand

BLACK BELT ATTITUDE - BLACK STRIPE

MINIMUM OF 2 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: 60

SIT-UPS: 60

SQUATS: 60

BOARD BREAKING REQUIREMENTS

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

KIDS (60-125 LBS): 3/4 board x 2, full board x 1

ADULTS: 1 board x 3, 2 boards x 1

INFORMATION

MEANING OF BLUE BELT: Blue belt represents a plant reaching for the sky.

6 TRAINING SECRETS OF TAEKWON-DO: 1) Study the theory of power thoroughly 2) Understand the purpose and meaning of each movement clearly 3) Bring the movement of eyes, hands, feet, and breath into a single coordinated motion 4) Choose the appropriate attack for each vital target 5) Become familiar with the correct angle and distance for attack and defense 6) Keep both the arms and legs bent slightly while the movement is in motion.