

CURRICULUM: RANK APPROPRIATE SKILL SUMMARY

WHITE BELT

Students will be awarded a uniform and a White Belt as their first promotion. This is done formally in front of the class recognizing the student's commitment to training.

Expectations: The student should show commitment to training by regularly attending at least 5 classes. During these classes, the student should demonstrate attention to Dojang Etiquette and an openness to learning.

ORANGE BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

SKILL SUMMARY:

Stances:

Front Stance, Horseback Stance, Back Stance (Fighting Stance)

Blocks:

Downward, High, Inside to Outside, Outside to Inside

Strikes:

Center Punch, Low Punch, High Punch, Combination (Lunge- only)

Kicks:

Stretch Kicks: Straight Up, Inside to Outside, Outside to Inside

Front Snap Kick

Lead Leg Round House

Lead Leg Side Kick

Turning Round House

Turning Side Kick

Spinning Back Kick

Forms:

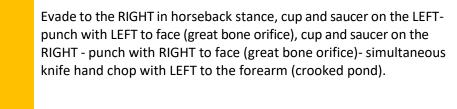
Basic Form # 1 (Ki cho hyung il bu)



CURRICULUM: RANK APPROPRIATE SKILL SUMMARY

One-Step Sparring:

2 One Steps



Step in with RIGHT leg, RIGHT high block under opponent's arm - slide down opponent's arm- RIGHT downward elbow strike to the armpit (brachial plexus).

Sparring: Basic Distancing ONLY- No Contact

Breaking: Introduction: single weapon only (Hammer-Fist, Palm Heel or Elbow)

*Note: No breaking of wood until age 8 or greater; Bricks - age 12 or greater.

Self Defense:

Break Falling

Rear over arms Bear Hug (S.I.N.G.)

Bear Hug from Behind w/ Arms Free - Complete Krav Maga (CKM) pp. 136-137

Bear Hug from Behind w/ Arms Caught - CKM p. 139

Bear Hug from Behind and the Front w/ Lift - CKM pp. 200-201

Role Playing: Introduction to Role Playing (12 ways)

Why is Everybody Always picking on Me? (WIEAPM) pp. 59-67.

Required Community Service:

5 hours