

### 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)

### One-Step Sparring:

2 One Steps

Evade to the RIGHT in horseback stance, cup and saucer on the LEFT- punch with LEFT to face (great bone orifice), cup and saucer on the RIGHT - punch with RIGHT to face (great bone orifice)- simultaneous knife hand chop with LEFT to the forearm (crooked pond).

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