

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)
One Step Sparring: 2 one steps
- 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:** 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.