

1st Degree Blue Belt Curriculum

Hand Techniques

Upper cut _____ Elbow out _____

Leg Techniques

Skip hook kick _____ Inverted side kick _____ Butterfly _____

Combos

Olympic style: round kick/ *sdsb/ step/ round kick _____
back kick/ round kick _____ round kick (home) back kick _____ fast kick/ back kick _____
Self Defense: cut kick/ jab/ cross

Footwork:

Switch/switch/step forward /step back _____ Switch/switch/step back /step forward _____ Step forward /back switch _____ Step forward/ box _____

Poomse:

Taegeuk Pal Jang _____

Punching Defense:

1 _____ Grade: _____
2 _____ Grade: _____

Self Defense:

1 _____ Grade: _____
2 _____ Grade: _____

Blocking:

Live round using perry _____

Terminology/ Philosophy:

- 1) Sunbay (senior student) _____, Mock-key (block) _____ Podo-pa-co (switch), _____
- 3) Typed paper about the tenets of TKD (optional topic: ways they affect your life) _____
- 4) Who are these Taekwondo athletes: Jimmy Kim, Herb Perez, Steven Lopez, Lannet Love, Arlene Limas (The only American athletes to win Gold at the Olympics to date - 2015) _____
- 5) Success principle #4: Think win win. _____

Physical requirements:

Push ups _____ per 30 sec. _____
Crunches: _____ per 30 sec. _____
Hold feet up: _____ 30 sec. _____
Leg ups: _____ per 30 sec. _____
Slow front kick:
Right _____ per 30 sec. _____
Left _____ per 30 sec. _____
Hopping in guarding stance 1 min or best time _____
Non-stop alternating front kicks in place. (30 sec.) _____
Speed kick motion alternate legs every 3 for 30 sec. _____

Attendance: 24 classes