

# 2<sup>nd</sup> Degree Blue Belt Curriculum

## Hand Techniques

Spin back fist \_\_\_\_\_ Elbow up \_\_\_\_\_

## Leg Techniques

Fast double kick \_\_\_\_\_ Mui thy w/ 45 step \_\_\_\_\_ Flying side kick \_\_\_\_\_

## Combos:

Olympic style: round kick/sdsb/ fast kick \_\_\_\_\_ fast kick/ hop axe kick \_\_\_\_\_  
hop axe kick/ back kick \_\_\_\_\_ round kick/ back kick/ round kick \_\_\_\_\_  
Self defense: cross/ hook/ rear leg round kick \_\_\_\_\_

## Footwork:

Reverse step back /switch/step forward \_\_\_\_\_ step forward /reverse step forward /switch \_\_\_\_\_ Half  
step forward /step back /step forward \_\_\_\_\_  
Side step forward /box step \_\_\_\_\_

## Poomse:

Taegeuk Pal Jang \_\_\_\_\_

## Punching Defense:

1 \_\_\_\_\_ Grade: \_\_\_\_\_  
2 \_\_\_\_\_ Grade: \_\_\_\_\_

## Self Defense:

1 \_\_\_\_\_ Grade: \_\_\_\_\_  
2 \_\_\_\_\_ Grade: \_\_\_\_\_

## Blocking:

Live round using perries and cover \_\_\_\_\_

## Stances:

Cat \_\_\_\_\_

## Terminology/ Philosophy:

- 1) Doleuh chugee (round kick) \_\_\_\_\_ Dwit chugee (back kick) \_\_\_\_\_  
hoshinsoul(self defense) \_\_\_\_\_
- 2) In Olympic style TKD you score points with what part of the leg only (foot)
- 3) In real life self-defense it is risky to kick an attacker where? (Above the thighs a foot can be grabbed)
- 4) 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 Right leg 15 sec. \_\_\_\_\_  
Left leg 15 sec. \_\_\_\_\_

**Attendance:** Minimum 32 classes