

# Orange Belt Curriculum

## Hand Techniques

Cover Punch \_\_\_\_\_ Face Rake \_\_\_\_\_

## Leg techniques

Hopping Axe \_\_\_\_\_ Jump Front Kick \_\_\_\_\_ Step Rnd Kick \_\_\_\_\_ Crescent Kick (Out to In) \_\_\_\_\_

## Footwork:

Half Step Forward \_\_\_\_\_ Half Step Backward \_\_\_\_\_ Reverse Step Back \_\_\_\_\_ Reverse Step Forward \_\_\_\_\_

## Poomse:

Tae Geuk Ee Jang \_\_\_\_\_

## Punching Defense:

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

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

## Self Defense:

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

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

## Blocking:

Outward Forearm \_\_\_\_\_ Double Knife Hand \_\_\_\_\_

## Stances:

Long Front Stance \_\_\_\_\_

## Terminology/ Philosophy:

1) Kaysock (Continue) \_\_\_\_\_ Dojang (gym) \_\_\_\_\_ Show (Attention & Bow), \_\_\_\_\_  
Caumsomeda (Thank you) \_\_\_\_\_

3) Success Principle #2: Be pro-active. \_\_\_\_\_

2) Student creed #3:

(To develop Self-Discipline in order to bring out the best in my-self and others) \_\_\_\_\_

4) Three of the five tenets of TKD

(The five tenets of TKD are: Perseverance, Self control, Courtesy, Integrity, Indomitable spirit) \_\_\_\_\_

## Physical requirements:

Push ups: \_\_\_\_\_ per 30 sec \_\_\_\_\_

Crunches: \_\_\_\_\_ per 30 sec. \_\_\_\_\_

Hold feet up: \_\_\_\_\_ for 30 \_\_\_\_\_

Leg ups: \_\_\_\_\_ per 30 sec. \_\_\_\_\_

Slow front kick:

Right \_\_\_\_\_ per 30 \_\_\_\_\_

Left \_\_\_\_\_ per 30 \_\_\_\_\_

Hopping in guarding stance 1 minute \_\_\_\_\_

Non-stop alternating front kicks in place. (30 sec.) \_\_\_\_\_

**Attendance:** min. 24 classes