

1st Degree Red Belt Curriculum

Hand Techniques

Ridge hand _____ Grab elbow _____

Leg techniques

Nautobaun kick _____ Muy thai knees _____ Spin kick _____

Combos

Olympic: Cut kick /fast kick _____ Round kick/ double kick _____
Round kick/ axe kick _____ Autball/ round kick, round kick/ axe kick (speed kick style)
Self Defense-cut/ jab/ cross low round kick _____

Footwork:

Reverse step back /switch/step forward _____ step forward/ reverse step forward /switch _____
Half step forward /step backward /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: Perries cover _____

Terminology/ Philosophy:

- 1) Kukkiwon (World Taekwondo Federation Headquarters) _____ Thee (belt) _____
Hogu (chest Protector) _____
- 2) 1st range of distance? (Weapon's reach)
- 3) What years was Taekwondo an exhibition sport in the Olympics (88,92) _____
- 4) Success principle #5: Seek first to understand and then to be understood _____

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 20 sec. _____
Left leg 20 sec. _____
Hujin one 1 ½ min rounds _____
One Two minute round on heavy bag _____

Attendance: Minimum 32 classes