



Belt Curriculum

WHITE STRIPE (5th Gup)

Stance: Front Stance, Horse Back Riding Attention Stance

Blocks: Low Block, High Block, Middle Out Block

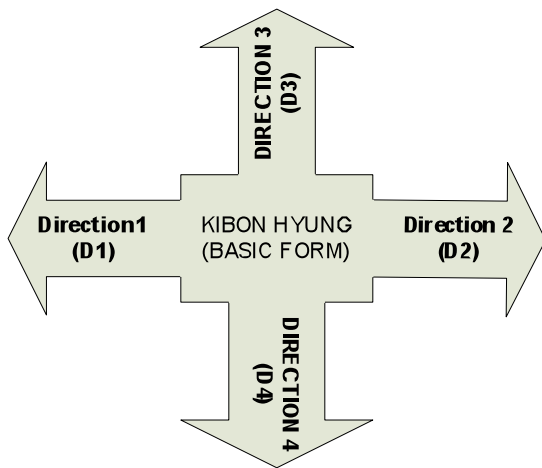
Kicks: Front Kick, Roundhouse Kick, Axe Kick, Side Kick

Combination Kick: Side Kick/ Side Kick, Round Kick/ Round Kick, Axe Kick/ Axe Kick

Punches: Middle Punches, High Punches

Ten Basic Motion: View page 4

Basic Form # 5



Kibon Hyung #5

1. Turn to D1 Knife Block with Back Stance
2. Step forward (D1) Middle Punch with Front Stance
3. Turn to D2 Knife Block with Back Stance
4. Step forward (D2) Middle Punch with Front Stance
5. Turn to D3 Knife Block with Back Stance
6. Step forward (D3) Middle Punch with Front Stance
7. Turn to D4 Knife Block with Back Stance
8. Step forward (D4) Middle Punch with Front Stance

Breaking: Elbow Strike

Motivation Sparring

