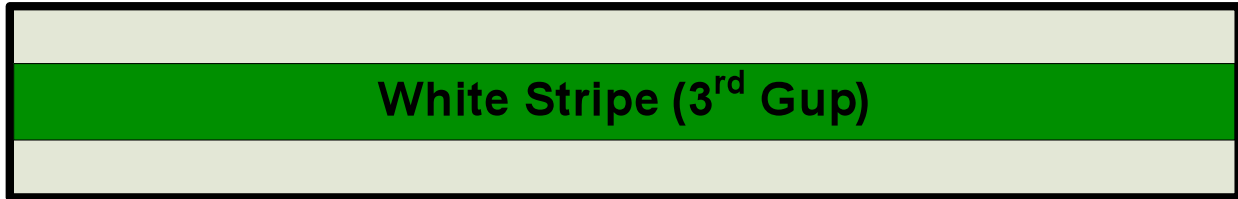




Belt Curriculum



Stance: Front Stance Horse Back Riding Attention Stance

Blocks: Low Block High Block Middle Out Block

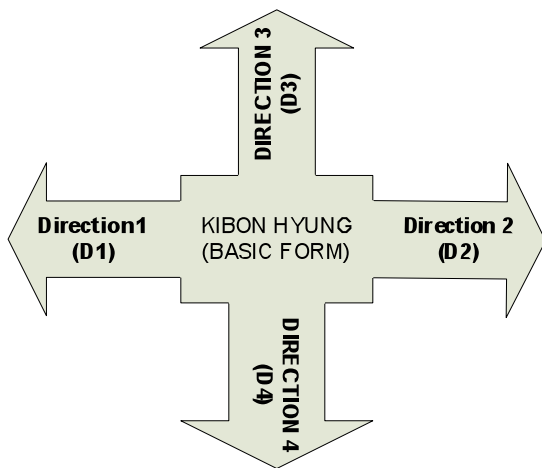
Kicks: Front Kick Roundhouse Kick Axe Kick Waling Front Kick

Combination Kick: Round Kick Front Kick Round Kick Round Kick Round Kick Axe Kick

Punches: Middle Punches High Punches

Ten Basic Motion: View page 4

Basic Form # 3



Kibon Hyung #3

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

Breaking: Side Fist Out

Motivation Sparring

