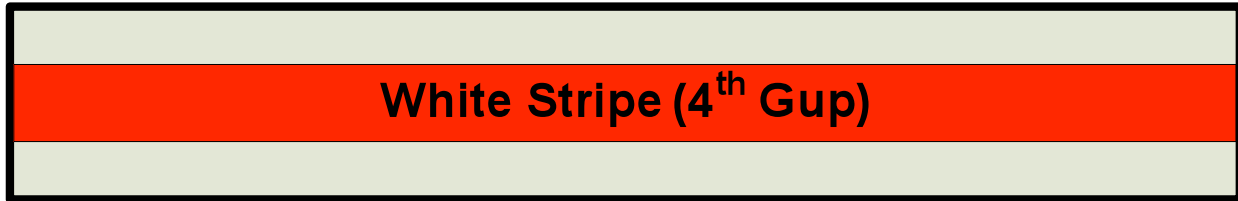




Belt Curriculum



Stance: Front Stance, Horse Back Riding Attention Stance

Blocks: Low Block, High Block, Middle Out Block

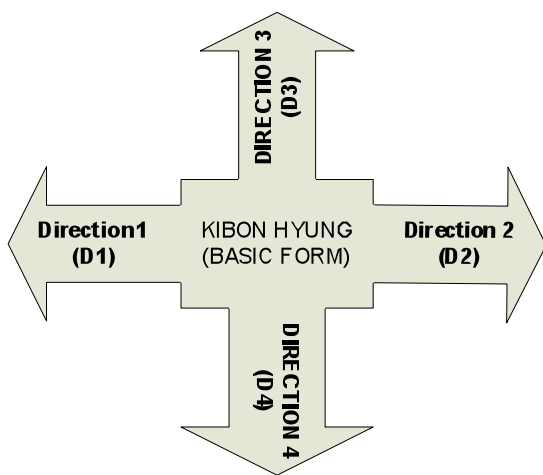
Kicks: Front Kick, Roundhouse Kick, Axe Kick, Side Kick

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

Punches: Middle Punches, High Punches

Ten Basic Motion: View page 4

Basic Form # 4



Kibon Hyung #4

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

Breaking: Jang Kwon (Palm Hill Strike)

Motivation Sparring

