

White Belt Syllabus



WHITE BELT THEME

'The Journey of 100 miles starts with a single step'

FIRST¹ TIP

STANCES

Sparring Stance

Attention

Jhoon Bee

SECOND TIP

PUNCHING

Jab

Cross

Hook

Uppercut

THIRD TIP

KICKING

Front Kick

Knee Strike

FOURTH TIP

BLOCKING

Upper Block

Lower Block

Outer Block

FIFTH TIP

KICKING

Back Kick

Turning Kick

SIXTH TIP

SPARRING

3 Strike Blocking Sequence

BELT EXAM

SKILLS TESTED

Participation in the Belt Exam Class

Partner Skills

Listening Skills



Orange Belt Syllabus



ORANGE BELT THEME

'Hands are for Helping, not Hurting'

FIRST TIP

STRIKING

Knifehand Strike

SECOND TIP

BLOCKING

Cover Block

Upper Block

THIRD TIP

KICKING

Inner Crescent Kick

Outer Crescent Kick

FOURTH TIP

STRIKING

Inner Knifehand Strike

Downward Knifehand Strike

FIFTH TIP

KICKING

Stepping Side Kick

Jumping Front Kick

SIXTH TIP

SPARRING

Three Strike Block and Counter

BELT EXAM

SKILLS TESTED

Participation in Belt Exam Class

Holding Targets for a Partner

Listening to the Instructor



Yellow Belt Syllabus



YELLOW BELT THEME *'Martial Artists Make Good Choices'*

FIRST TIP

STRIKES Elbow Strike Backward Elbow Strike

SECOND TIP

KICKING Axe Kick Sliding Front Kick

THIRD TIP

STRIKING Upward Elbow Strike Downward Elbow Strike

FOURTH TIP

KICKING Side Kick Turning Back Kick

FIFTH TIP

BELT SEQUENCE Jab, Cross, Front Kick, Knee Strike

SIXTH TIP

SPARRING Step Sparring

BELT EXAM

SKILLS TESTED Participation in Belt Exam Class

Holding Targets for Partners

Step Sparring



Double Orange Belt Syllabus



FIRST TIP

WHITE BELT REVIEW Jab, Cross, Hook, Uppercut

Four White Belt Punches, one after another, with no prompting

SECOND TIP

WHITE BELT REVIEW Front Kick, Knee Strike, Turning Kick, Back Kick

Focus is now on correct technique

- kicking with correct leg
- being in a stance
- looking over shoulder for back kick

THIRD TIP

ORANGE BELT REVIEW Knifehand, Inner Knifehand, Downward Knifehand

FOURTH TIP

COMBINATIONS Inner Crescent Kick, Stepping Side Kick, Knifehand Strike

Side Kick, Turning Back Kick, Elbow Strike

FIFTH TIP

KICKING Double Turning Kick

BLOCKING Upper Block, Inner Block, Lower Block - use appropriate block for each blocking stick strike without prompting

Cover Block

Lower Block

SIXTH TIP

CLASS SKILLS Partner Skills

Taking Turns

Holding Targets

Being Kind

Standing in Line



Double Yellow Belt Syllabus



FIRST TIP

ORANGE BELT REVIEW

Inner Crescent Kick

Outer Crescent Kick

Jumping Front Kick

Stepping Side Kick

SECOND TIP

YELLOW BELT REVIEW

Elbow Strike

Backward Elbow Strike

Downward Elbow Strike

Upwards Elbow Strike

THIRD TIP

STRIKING

Front Backfist

Upward Backfist

FOURTH TIP

COMBINATIONS

Outer Crescent Kick, Jumping Front Kick, Downward Knifehand

Sliding Front Kick, Axe Kick, Front Backfist Strike

FIFTH TIP

YELLOW BELT REVIEW

Sliding Front Kick

Double Turning Kick

Side Kick

Turning Back Kick

SIXTH TIP

APPLICATIONS

Partner Skills

Step Sparring

