



# ADVANCED PHASE - CYCLE 1

## POCKET STUDY GUIDE

### **First Black Curriculum Stripe:**

#### One Step Sparring

Against body punch attacker

- 1) Forearm Hit Takedown
- 2) Spinning Arm Lock Takedown
- 3) Spinning Crescent Roundhouse Kick

#### Board Break

Spinning Forearm Hit

#### Self Defense Techniques

Bear Hugs

Front Over Arm  
Front Under Arm  
Back Over Arm  
Back Under Arm

### **Second Black Curriculum Stripe:**

Poomse: Tae-Geuk Pal Jang

1. Step forward, left side sparring motion.
2. Right hand, reverse body punch.
3. Left leg jumping front kick - Ki hap.
4. Left arm, body block.
5. Same stance, right hand punch, left hand punch.
6. Step forward, right hand body punch.
7. 3/4 turn, low/high block.
8. Right hand uppercut punch.
9. Right side, low/high block.
10. Left hand, uppercut punch.
11. Pivot, face forward, double knifehand body block.
12. Right hand reverse body punch.
13. Right leg, front kick.
14. Double step back, right hand palm block.
15. Turn left, tiger stance, double hand body block.
16. Left leg front kick, right hand punch, left hand palm block.
17. Turn to the right, tiger stance, double hand body block.
18. Right leg front kick, left hand punch, right hand palm block.
19. Face the rear, right side low double block.
20. Left leg front kick.
21. Right leg, jumping front kick Ki-hap.
22. Right hand body block, double punch.
23. 3/4 turn, left hand single knifehand block
24. Right forearm hit, backfist, left hand punch.
25. Turn to the right, right hand single body block.
26. Left forearm hit, backfist, right hand punch.

Visit our website and click on "Curriculum" for detailed explanation and pictures of this poomse.

### **Terminology - Kicks**

Back Kick

*Dweet Cha-gi*

Back Spin Kick

*Dwee Free-gi*

Inside Crescent Kick

*Ahn Bondal Cha-gi*

Outside Crescent Kick

*Pagot Bondal Cha-gi*

### **Philosophy Topic- Self Discipline**

### **Next Color Belt Test is:**

Upon earning Second Black Stripe, students may pick up written application and must return with fee by day before exam.

All Children must have a minimum of three Character Stripes to test.