



# ADVANCED PHASE - CYCLE 2

## POCKET STUDY GUIDE

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

One Step Sparring

Against body punch attacker

- 1) Spinning Arm Bar Takedown
- 2) Scissors Take Down
- 3) Shoulder Grab Take Down

Board Break

Jumping Front Kick

Self Defense Techniques

Back Attacks

- Back Double Shoulder Grab
- Back Straight Shoulder Grab
- Back Cross Shoulder Grab
- Back Double Wrist Grab
- Back Arm Bar

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

Poomse: Tae-Geuk Yuke-Jang

1. Turn to the left, front stance down block
2. Right leg front kick.
3. Land in back, left hand forearm block, back stance.
4. Turn to the right, front stance down block.
5. Left leg front kick.
6. Land in back, right hand forearm block, back stance.
7. Face the front, left front stance, right arm high outside block.
8. Right leg roundhouse kick.
9. Turn to the left high forearm block.
10. Right hand punch.
11. Right leg front kick.
12. Left hand punch.
13. Turn to the right, high forearm block.
14. Left hand punch.
15. Left leg front kick.
16. Right hand punch.
17. Face front, double side block.
18. Step forward, right front stance, left arm high outside block.
19. Left leg roundhouse kick - Ki hap.
20. 3/4 turn, Right arm down block.
21. Left leg front kick.
22. Right hand forearm block.
23. Turn to the left, left arm down block.
24. Right leg front kick.
25. Left arm forearm block.
26. Step back, face front double knife hand body block.
27. Step back, double knife hand body block.
28. Step back, left hand palm block.
29. Right hand reverse body punch.
30. Step back, right hand palm block
31. Left hand reverse body punch.

Visit our website, and click "Curriculum-Poomse" for detailed instruction and pictures for this poomse.

### **Terminology - General Terms**

Uniform

*Do-bok*

Belt

*Dee*

Yell

*Ki-hap*

Flag

*Kook-gi*

Taekwondo School

*Dojang*

**Philosophy Topic  
PERSEVERANCE**

### **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.