



BEGINNER PHASE - CYCLE 1 **POCKET STUDY GUIDE**

First Black Curriculum Stripe:

One Step Sparring

Basic 1 - Against Face Punch Attacker

- 1) Face Block - Palm Hit
- 2) Face Block - Triple Body Punch

Board Break

Hammer Strike

Children may earn up to FIVE
“Character Stripes” each month.

- 1) Book Club Sheet
- 2) Self Discipline Sheet
- 3) Good Home Report Card
- 4) Academic Excellence (2 - 100%)
- 5) Academic Excellence (5 - 100%)

**“The Number One rule in
Taekwondo is to show
RESPECT.”**

**Respect to Instructors,
Respect to Parents,
Respect to Teachers,
Respect to Peers,
Respect to Siblings,
Respect to SELF!**

Second Black Curriculum Stripe:

Basic Form 1 - Bon Il-Jang

1. Turn to the left, left arm face block.
2. Step forward, right hand body punch.
3. Turn to the right, right arm face block.
4. Step forward, left hand body punch.
5. Turn to the front, left arm down block.
6. Step forward, right arm face block.
7. Step forward, left arm face block.
8. Step forward, right arm face punch - Ki hap.
9. Step backward, left arm body block.
10. Step backward, right arm body block.
11. Turn to the left, left arm face block.
12. Step forward, right hand face punch.
13. Turn to the right, right arm face block.
14. Step forward, left hand face punch.
15. Turn to the front, left hand down block.
16. Reverse face punch - Ki hap.

Terminology - Commands

Attention	<i>Cha-de-yut</i>
Bow	<i>Kyung-neh</i>
Ready	<i>Joom-bi</i>
Start	<i>She-jak</i>
Finish	<i>Go-mahn</i>
Turn around	<i>Dwee-rho Do-rah</i>

Philosophy Topic- Consistency

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.