



BEGINNER PHASE - CYCLE 2 **POCKET STUDY GUIDE**

First Black Curriculum Stripe:

One Step Sparring

Basic 1 - Against Body Punch Attacker

- 1) Body Block - Neck Hit
- 2) Body Block - Double Face Punch

Board Break

Palm Hit

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:

Poomse - **Bon Ye-Jang**

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

Visit our website, and click “curriculum” for detailed instruction and pictures for this poomse.

Terminology - General Terms

Hello	Ahn-nyoung Ha-se-yo
Goodbye	Ahn-nyoung-he Kae-se-yo
Thank you	Kam-sa-hom-ni-da

Philosophy Topic- Cooperation

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.