



INTERMEDIATE PHASE - CYCLE 1

POCKET STUDY GUIDE

First Black Curriculum Stripe:

One Step Sparring

Against body punch attacker

- 1) Hand Grab Elbow Break
- 2) Hand Grab Step Behind Elbow Hit

Board Break

Back Kick

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%)

Second Black Curriculum Stripe:

Poomse: Tae-Geuk Sa-Jang

1. Turn to the left, double knifehand body block.
2. Step forward, right hand body thrust.
3. Turn to the right, double knifehand body block.
4. Step forward, left hand body thrust.
5. Turn to the front, left arm face block - right hand neck hit.
6. Right leg front kick, land in front.
7. Left hand reverse body punch.
8. Left leg side kick.
9. Right leg side kick.
10. Right side, double knifehand body block.
11. 3/4 Turn left forearm block.
12. Right leg front kick.
13. Right arm body block.
14. Turn to other side right forearm block.
15. Left leg front kick.
16. Left hand body block.
17. Turn to the rear, left arm face block - right hand neck hit.
18. Right leg, front kick.
19. Right hand, backfist.
20. Turn to the left, left body block
21. Right hand punch.
22. Turn to the right, right body block.
23. Left hand punch.
24. Face the rear, left body block.
25. Right hand punch.
26. Left hand punch.
27. Step forward, right body block.
28. Left hand punch.
29. Right hand punch, Ki hap.

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

Terminology - Basic Kicks

Front Kick

Op Cha-gi

Roundhouse Kick

Op-twool-ya Cha-gi

Side Kick

Yup Cha-gi

Axe Kick

Chi-go Cha-gi

Philosophy Topic- Self Control

***“We are a Black Belt School
Be a Black Belt!”***

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.