



# INTERMEDIATE PHASE - CYCLE 2

## POCKET STUDY GUIDE

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

#### One Step Sparring

Against body punch attacker

- 1) Step Behind Side Kick
- 2) Straight Spinning Roundhouse Kick
- 3) Side Step Spinning Roundhouse Kick

#### Board Break

Forearm 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%)

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

Poomse: Tae-Geuk Ye-Jang

1. Turn to the left, walking stance down block
2. Step forward, front stance, right hand body punch.
3. Turn to the right, walking stance down block
4. Step forward, front stance, left hand body punch.
5. Turn to the front, left walking stance, right hand body block.
6. Step forward, right walking stance, left hand body block.
7. Turn to the left, walking stance down block
8. Right leg front kick.
9. Right hand face punch.
10. Turn to the right, walking stance down block
11. Left leg front kick.
12. Left hand face punch.
13. Turn to the front, walking stance, left arm face block.
14. Step forward, walking stance, right arm face block.
15. 3/4 turn, left walking stance, right arm body block.
16. Pivot turn to the right, left arm body block.
17. Turn to the back, walking stance left down block.
18. Right leg, front kick.
19. Right hand body punch.
20. Left leg front kick.
21. Left hand body punch.
22. Right leg front kick.
23. Right hand body punch - Ki hap.

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

### **Terminology - Basic Steps**

Change Feet

*Pahl-pokkoh*

Slide Step Forward

*Chun-jin step*

Slide Step Backward

*Fu-jin step*

One Step Forward

*Il-bo Chun-jin step*

One Step Backward

*Il-bo Fu-jin step*

### **Philosophy Topic- CONFIDENCE**

***“A Black Belt is a white belt  
that never quits!”***

### **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.