



BEGINNER PHASE - CYCLE 3

POCKET STUDY GUIDE

First Black Curriculum Stripe:

One Step Sparring

Basic 1 - Against Face Punch Attacker

- 1) Face Block - Front Kick
- 2) Face Block - Front Leg Side Kick

Board Break

Front 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%)

**“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 Sam-Jang**

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

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

Terminology - Basic Terms

Stance	Suh-gi
Block	Ma-ki
Kick	Cha-gi
Hit/Strike	Ji-duh-gi

Philosophy Topic- Concentration

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.