



INTERMEDIATE PHASE - CYCLE 3

POCKET STUDY GUIDE

First Black Curriculum Stripe:

One Step Sparring

Against body punch attacker

- 1) Neck hit Triple Punch.
- 2) Side Step Face Punch.
- 3) Side Step Left Triple Punch.

Board Break

Side 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 Sam-Jang

1. Turn to the left, walking stance left arm down block
2. Right leg front kick.
3. Land in right leg front stance, right hand body punch.
4. Left hand reverse body punch.
5. Turn to the right, walking stance right arm down block.
6. Left leg front kick.
7. Land in left leg front stance, left hand body punch.
8. Right hand body punch.
9. Turn to the front, left walking stance right hand neck hit.
10. Step forward right walking stance left hand neck hit.
11. Turn to the left, back stance knife hand block.
12. Right hand reverse body punch.
13. Turn to the right, back stance knife hand block.
14. Left hand reverse body punch.
15. Turn to the front, left walking stance right hand body block.
16. Step forward right walking stance left hand body block.
17. 3/4 turn walking stance left arm down block
18. Right leg front kick.
19. Land in right leg front stance, right hand body punch.
20. Left hand reverse body punch.
21. Turn to the right, walking stance right arm down block.
22. Left leg front kick.
23. Land in left leg front stance, left hand body punch.
24. Right hand body punch.
25. Face the back, walking stance left arm down block.
26. Right hand reverse body punch.
27. Step forward, walking stance right arm down block.
28. Left hand reverse body punch.
29. Left leg front kick.
30. Land in front stance, left arm down block.
31. Right hand body punch.
32. Right leg front kick.
30. Land in front stance, right arm down block.
31. Left hand body punch - Ki hap.

Terminology - General Terms

Grand Master

Kwan-jang-nim

Master

Sa-bum-nim

Instructor

Kyo-bum-nim

Philosophy Topic- COURTESY

***“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.

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