



INTERMEDIATE PHASE - CYCLE 4

POCKET STUDY GUIDE

First Black Curriculum Stripe:

One Step Sparring

Against body punch attacker

- 1) Inside Block Straight Hit
- 2) Inside Block Spinning Hit

Adults add:

- 3) Outside Crescent Round House Kick
- 4) Inside Crescent Back Kick

Board Break

Reverse Elbow 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 Il-Jang

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

Terminology - General Terms

Ready Stance	<i>Choon-bi Suh-gi</i>
Front Stance	<i>Op-kupe Suh-gi</i>
Horse Stance	<i>Cha-choom Suh-gi</i>
Back Stance	<i>Dweet Suh-gi</i>
Walking Stance	<i>Op Suh-gi</i>

Philosophy Topic - FOCUS

*“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 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.