



# ADVANCED PHASE - CYCLE 3

## POCKET STUDY GUIDE

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

#### One Step Sparring

Against body punch attacker

- 1) Wrist Lock Kick
- 2) Wrist Lock Takedown
- 3) Sidestep Tripe Kick

#### Board Break

Neck Hit

#### Self Defense Techniques

Front Shoulder & Belt Grabs

Double Shoulder Grab  
Straight Shoulder Grab  
Cross Shoulder Grab  
Top Belt Grab  
Bottom Belt Grab

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

#### **Poomse: Tae-Geuk Chil-Jang**

1. Turn to the left, tiger stance right hand palm block.
2. Right leg front kick.
3. Land back into tiger stance, left arm body block.
4. Turn to the right, tiger stance left hand palm block.
5. Left leg front kick.
6. Land back into tiger stance, right hand body block.
7. Face front, left back stance low double knife hand block.
8. Step forward, right back stance low double knife hand block.
9. Turn to the left, tiger stance right hand reinforced palm block.
10. Right hand back fist punch.
11. Turn to the right, tiger stance left hand reinforced palm block.
12. Left hand back fist punch.
13. Face front, intermediate ready position.
14. Step forward, left front stance left scissors block.
15. Right scissors block.
16. Step forward, right front stance right scissors block.
17. Left scissors block.
18. 3/4 turn, left front stance choke block.
19. Right knee hit
20. Right foot twist stance, double uppercut body punch.
21. Step back right front stance, kick block.
22. Turn to the right, front stance choke block.
23. Left knee hit.
24. Left foot twist stance, double uppercut body punch.
25. Step back left front stance, kick block.
26. Face the back, left walking stance back fist.
27. Right leg inside crescent kick.
28. Land in horse stance right elbow smash.
29. Right walking stance back fist.
30. Left leg inside crescent kick.
31. Land in horse stance left elbow smash.
32. Left back stance single knife hand body block.
33. Step forward, horse stance body punch. Ki-hap.

### **Terminology - Numbers**

Twenty	<i>Su-mul</i>
Thirty	<i>Su-din</i>
Forty	<i>Ma-hun</i>
Fifty	<i>Shin</i>

**Philosophy Topic:**  
**INTEGRITY**

### **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.