



ADVANCED PHASE - CYCLE 4

POCKET STUDY GUIDE

First Black Curriculum Stripe:

One Step Sparring

Against body punch attacker

- 1) Arm Bar Takedown
- 2) Arm Lock Punch
- 3) Sidestep Forearm Takedown

Board Break

Jumping Axe Kick

Self Defense Techniques

Wrist Grabs

Double Wrist Grab

Two Hand Wrist Grab

Cross Wrist Grab

Second Black Curriculum Stripe:

Poomse: Tae-Geuk Oh-Jang

1. Turn to the left, front stance down block.
2. Slide feet shoulder width left hand hammer strike.
3. Turn to the right, front stance down block.
4. Slide feet shoulder width right hand hammer strike.
5. Face front, left front stance body block.
6. Right arm reverse body block.
7. Right leg front kick. Land in front stance.
8. Right hand back fist.
9. Left arm reverse body block.
10. Left leg front kick. Land in front stance.
11. Left hand back fist.
12. Right arm reverse body block.
13. Step forward, right front stance back fist.
14. 3/4 turn left back stance knife hand block.
15. Step forward, front stance forearm hit.
16. Turn to the right, right back stance knife hand block.
17. Step forward, left front stance forearm hit.
18. Face back, left front stance down block.
19. Right arm reverse body block.
20. Right leg front kick. Land in front stance.
21. Right arm down block.
22. Left arm reverse body block.
23. Turn to the left, front stance face block.
24. Right leg side kick. Land in front stance.
25. Left forearm smash.
26. Turn to the right, front stance face block.
27. Left leg side kick. Land in front stance.
28. Face back, left front stance down block.
29. Right arm reverse body block.
30. Right leg front kick.
31. Jumping back fist. Ki-hap.

Terminology - General Terms

Form

Poomse

Sparring

Kya-rog-gi

Self Defense

Ho-sin-sul

Philosophy Topic:

BELIEF

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.