

## 1<sup>st</sup> Brown Belt Curriculum

### Theme: Jasin (Confidence)

20 lessons to graduate

#### Red Stripe

A. Understanding the theme – Personal meaning

B. Physical Fitness

💡 50 push-ups/50crunches

C. Stance / New Techniques

💡 All 12 Basic stances

D. Technical Competence

💡 9 count technical Front kick/round kick/side kick/hook kick

#### Blue Stripe

E. Basic/Combinations – Left & Right directions

💡 Back hand cross block in front stance- cat stance /arm-break fold/arm-break (low back stance) – cat stance/back hand aim – front punch low back stance.

💡 Offensive front leg front kick – back leg round kick – reverse hook kick – front stance/back punch

💡 Offensive back leg round kick - front stance/back punch - back leg round kick - front stance/back punch

#### Yellow Stripe

F. Pattern (Form)

💡 “Jasin” (pronounced Cha Shin) “Confidence” form

Chunbi & Jasin chunbi

(Left 1) Back hand cross block in front stance\*- cat stance/arm-break fold/arm-break (low back stance) – cat stance/back hand aim – front punch low back stance.

(Right 1) Upper block/front punch aim (Low closed stance) Repeat Left

(Front) {(LH↑) fold (Low closed stance/down block (low back stance)/back punch (low twist stance)/slide back (LH↑) into fold (high back stance)/chop block. Front leg front kick/back leg round kick/reverse hook kick/front stance back punch}. Fold (RH↑) step back {repeat}

(Back ) {X-Block/low open stance/mountain block. RL Step through under strike (low open stance)/X-block/mountain block. (RH↑) fold/down block/square punch}

(Front) Repeat. Jump 360 and fold/chop block\*.

(Left) Facing back Repeat Left 1

(Right) Facing back Repeat Right 1

(Back) {(LH↑) fold (Low closed stance/down block (low back stance)/back punch (low twist stance)/slide back (LH↑) into fold (high back stance)/chop block}. Back leg round kick/low stance back punch - Back leg round kick/low stance back punch} - Fold (RH↑) step back {repeat}\*

(Left) Repeat Left 1

(Right) Repeat Right 1\*

#### Green Stripe

G. Self Defense – Free sparring