

## 2<sup>nd</sup> Brown Belt Curriculum

### Theme: Gogyeol (Integrity)

20 lessons to graduate

#### Red Stripe

**A. Understanding the theme** – Personal meaning

**B. Physical Fitness**

- 💡 50 push-ups/50crunches

**C. Stances**

- 💡 All 12 Basic stances

**D. Technical Competence (slow)**

- 💡 7 count technical hook kick/round kick/side kick

#### Blue Stripe

**E. Basic/Combinations – Left & Right directions**

- 💡 Offensive front punch – lunge punch – reverse back fist – skip in round kick - back palm heel strike
- 💡 Offensive back fist – back punch – back leg axe kick - step through elbow smash – rising block/ underhand strike
- 💡 Offensive front knife hand – step through back knife hand – reverse hook kick - rising block/ vertical back punch in kneeling stance

#### Yellow Stripe

**F. Pattern (Form)**

- 💡 “Gogyeol” (pronounced Goj yol) “Integrity” form

Chunbi & Gogyeol chunbi

(Left) (RH↑) forearm block fold & double forearm block\*(open hand-low back stance), (LH) front punch aim, lunge punch, reverse back fist, skip in front leg round kick, back palm heel strike. (LH)

(Right) (LH↑) forearm block fold (Low closed stance) Repeat\*

(Front) (LH↑) fold (low closed stance). {Left leg front stance right hand outer block. Back hand block. Back leg-front kick, front hand aim and back punch}. {REPEAT other side}. Step right foot through to front stance double solar plexus punch\*

(Back ) Bring left foot to right in high back stance/right hand fold knife hand aim. RF triple kick (Hook kick/round kick/side kick) (RH↑)traditional fold land Back fist. then back punch, back leg axe kick, step through elbow smash, rising block/underhand strike.

(Front) (LH↑) fold knife hand, step through knife hand, reverse hook kick, rising block/ vertical back punch in kneeling stance. Left leg side from the ground.

(Back) RH↑ fold block low back stance. Take two steps (back leg first) jumping switch front kick landing in front stance double high block.

(Left) (RH↑) forearm block fold & double forearm block(open hand-low back stance), (LH) front punch aim, lunge punch, reverse back fist, skip in front leg round kick, back palm heel strike. (LH)

(Right) (LH↑) forearm block fold (Low closed stance) Repeat\*

Gogyeol chunbi.

#### Green Stripe

**G. Self-defense** - Rhythm sparring & Point sparring