

Red Belt Curriculum

Theme: Innæ (Perseverance)

20 lessons to graduate

Red Stripe

A. Understanding the theme – Personal meaning

B. Physical Fitness

- 💡 40 push-up/40 crunches

C. Stance / New Techniques

- 💡 Refine all 12 Basic stances

D. Technical Competence (slow)

- 💡 4 count technical hook kick/round kick

Blue Stripe

E. Basic/Combinations – Left & Right directions

- 💡 Step out into a horse stance with left hand punch. Punch, Punch. Fold left hand down and adjust left leg out 45° into a front stance left hand outer block. Front hand block, front leg-front kick, front hand aim back-punch.
- 💡 Offensive front leg front kick–back leg round kick–offensive front leg side kick-back palm heel strike
- 💡 Step through into low back stance with underhand strike–reverse chop block in low back stance–low twist stance back punch (Spin series)

Yellow Stripe

F. Pattern (Form)

- 💡 “Innae” (pronounced In nay) “Perseverance” form

Chunbi.

(Left) *step out into a horse stance with left hand punch. Punch, Punch. Fold LH↓ and adjust left leg out 45° into a front stance left hand outer block. Front hand block, front leg-front kick, aim back-punch. Adjust left leg to front stance to left side while doing x-block and choke-hold break. Cup & saucer fold RH↑ on top while stepping through with right leg into front stance with upper block. Step up to high back stance. Front leg front kick, back leg round kick, offensive front leg side kick, back palm heel strike.

(Right) repeat *

(Front) cross fold RH↑, double forearm block (fists). Spin series. Fold RH↑ step through to front stance high back fist. Fold LH↑ step through to front stance high back fist. Cup & saucer fold left hand on top & step up right foot to left. Defensive front leg side kick landing in double forearm block (fists) to the back.

(Back) repeat except defensive front leg side kick to back turn- fold LH↑ block to the front in low back stance*

Green Stripe

G. Self Defense – Shield blocks & Movement as a defense (Jump change, foot work & head movement)