

Blue Belt Curriculum
Theme: Chel Yeog (Strength)
20 lessons to graduate

Red Stripe

A. Understanding the theme – Personal meaning

B. Physical Fitness

- 💡 30 push-up/30 crunches

C. Stances

- 💡 Stances 10-12 of the 12 Basic stances
(Front kick stance, Side kick stance, Round kick stance.)

D. Technical Competence (slow)

- 💡 3 count technical hook kick

Blue Stripe

E. Basic/Combinations – Left & Right directions

- 💡 Offensive back leg front kick – back leg side kick – offensive elbow strike.
- 💡 Offensive back leg side kick – reverse hook kick - back punch (in front stance)
- 💡 Offensive Back leg round kick – tornado kick - reverse hook kick - back ridge hand

Yellow Stripe

F. Pattern (Form)

- 💡 “Chel Yeog” (pronounced Chel Yuk) “Strength” form

Chunbi

(Chunbi.

(Left) *Middle knife Hand block (low back stance), back spear hand (front stance), back leg round kick, tornado kick, elbow smash (horse stance), double circular blocks, back leg side kick to knee, middle knife hand block to the right.

(Right) repeat, except finish back leg side kick to knee, elbow strike*

(Front) (Low stance)Fold, down block, back punch, (slide back up)fold block, back leg side kick, reverse hook kick, front stance back punch, tradition guards step through kick block, curl, high x-block, double neck strike, step through double palm heel strike to the chest*

(Back) Turn, repeat *

(Front) left hand on top Fold block

Green Stripe

G. Reaction Drill – Double Blocks & Counters

Attacker	Defender-Block	Defender-Counter	Attacker-block	Attacker-counter
Offensive front punch	Outer block	Back punch	Outer block	Back punch
Offensive back punch	Outer block	Back punch	Outer block	Back punch
Offensive front kick	Down block	Back punch	Outer block	Back punch
Offensive side kick	Down block	Back punch	Outer block	Back punch
Offensive round kick	Push block	Round kick		Rev. side kick