

Green Belt Curriculum

Theme: Jeonjig (Honesty)

20 lessons to graduate

Red Stripe

A. Understanding the theme – Personal meaning

B. Physical Fitness

- 💡 20 push-up/20 crunches

C. Stances

- 💡 Stances 7-9 of the 12 Basic stances
(low back stance, low twist stance, front stance.)
- 💡 Stomp stance

D. Technical Competence (slow)

- 💡 4 count technical side kick

Blue Stripe

E. Basic/Combinations – Left & Right directions

- 💡 Offensive back leg round kick - reverse side kick - back ridge hand (high back stance)
- 💡 Offensive front leg round kick - offensive front leg side kick – back punch
- 💡 2 x Circular blocks (low back stance) – (slide forward) rising block under hand strike.
- 💡 Offensive Back leg round kick - back leg round kick – stomp stance back fist

Yellow Stripe

F. Pattern (Form)

- 💡 “Jeongjig” (pronounced Jung Jik) “Honesty” form

Chunbi

(Left) *Fold block - back punch - back leg round kick - reverse side kick - back ridge hand

(Right) Turn, repeat*

(Front) (low open stance) fold back ridge hand on top 2 x circular blocks - rising block under hand strike - back leg round kick – back leg round kick coming down in a stomp stance with back fist.

(Back) Turn, repeat *

(Front) left hand on top Fold block

Green Stripe

G. Reaction Drill – Single Blocks & Counters

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