



Gold Belt Curriculum
Theme: Jisig (Knowledge)
20 lessons to graduate

Red Stripe

A. Understanding the theme – Personal meaning

B. Physical Fitness

- 💡 15 push-up/15 crunches

C. Stances

- 💡 Stances 4-6 of the 12 Basic stances
(high twist stance, low closed stance, low open stance.)

D. Technical Competence (slow)

- 💡 3 count technical round kick

Blue Stripe

E. Basic/Combinations – Left & Right directions

- 💡 Offensive front punch - back punch - front ridge hand
- 💡 Offensive front punch - front leg front kick - back punch
- 💡 Offensive front punch - front leg round kick - back punch
- 💡 Offensive back leg front kick - back leg round kick - back ridge hand

Yellow Stripe

F. Pattern (Form)

- 💡 “Jisig” (pronounced G-shick) “Knowledge” form

Chunbi

(Left) *Fold block - offensive front punch – front leg front kick - back punch - front ridge hand

(Right) Turn, repeat *

(Front) Fold block - back punch - back leg front kick - back punch - back leg round kick- back ridge hand

(Back) Turn, repeat *

(Front) left hand on top Fold block

Green Stripe

G. Reaction Drill – Block & Attack

- 💡 Learning that when you block it also a time to attack – bopper sparring
Upper block – leg strike
Down block – head strike