



jhoon rhee tae kwon do

1st Brown Belt Curriculum

Belt Stretch:

1 Minute Front kick and Side Kick

Push-ups:

50 under 1 minute

Musical Forms: Jayoo, Hanguk, Chosan, and Miqook

Form: Chashin, meaning Confidence

Chario

Chunbi: Cross fists in, and then extend out in mountain block position

1. Inside block west with right forearm in a front stance **(yell)**
 2. Rising block with right arm
 3. Shift front foot to a back stance perform a break with right fist in left elbow pit
 4. Pull left leg back in cat stance and aim with right hand
 5. Step out with left foot into a fixed stance punching with left hand (modern guard)
 6. Bring feet together, aim with right hand inside block east with left forearm in a front stance
 7. Rising block with left arm
 8. Shift front foot to a back stance perform a break with left fist in right elbow pit
 9. Pull right leg back in cat stance and aim with left hand
 10. Step out with right foot into a fixed stance punching with right hand
 11. Step right foot to left foot, low chop block with left hand
 12. Right punch in low twist stance, re chop with left hand while standing up in high back stance.
 13. Skip front kick, back round kick, reverse hook kick, front stance punch with right hand
 14. Step back, low chop block with right hand
 15. Left punch in low twist stance, re chop with right hand while standing up in high back stance.
 16. Skip front kick, back round kick, reverse hook kick, front stance punch with left hand **(yell)**
 17. Shift back foot into horse stance, cross at wrists, mountain block
 18. Step through with right foot, knifehand chop with right hand
 19. Cross at wrists, mountain block
 20. Shift to back stance, low chop block with right hand
 21. Punch with left hand in back stance
 22. Shift back foot into horse stance, cross at wrists, mountain block
 23. Step through with right foot, knifehand chop with right hand
 24. Cross at wrists, mountain block
 25. Shift to back stance, low chop block with right hand
 26. Punch with left hand in back stance
 27. Jump 360 degree chop block **(yell)**
 28. Turn 270 degrees, inside block west with right forearm in a front stance
 29. Rising block with right arm
 30. Shift front foot to a back stance perform a break with right fist in left elbow pit
 31. Pull left leg back in cat stance and aim with right hand
 32. Step out with left foot into a fixed stance punching with left hand (modern guard)
 33. Bring feet together, aim with right hand inside block east with left forearm in a front stance
 34. Rising block with left arm
 35. Shift front foot to a back stance perform a break with left fist in right elbow pit
 36. Pull right leg back in cat stance and aim with left hand
 37. Step out with right foot into a fixed stance punching with right hand
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38. Step right foot to left foot, low chop block with left hand
39. Right punch in low twist stance, rechop with left hand while standing up in high back stance.
40. Back leg round kick, front stance punch, back leg round kick, front stance punch
41. Step back, low chop block with right hand
42. Left punch in low twist stance, rechop with right hand while standing up in high back stance.
43. Back leg round kick, front stance punch, back leg round kick, front stance punch **(yell)**
44. Turn 270 degrees, inside block west with right forearm in a front stance
45. Rising block with right arm
46. Shift front foot to a back stance perform a break with right fist in left elbow pit
47. Pull left leg back in cat stance and aim with right hand
48. Step out with left foot into a fixed stance punching with left hand (modern guard)
49. Bring feet together, aim with right hand inside block east with left forearm in a front stance
50. Rising block with left arm
51. Shift front foot to a back stance perform a break with left fist in right elbow pit
52. Pull right leg back in cat stance and aim with left hand
53. Step out with right foot into a fixed stance punching with right hand **(yell)**

Goman: Cross fists in, then extend out in mountain block position

Sparring (Be sure to use light contact)

1. Mixed Rhythm Sparring
2. Free Sparring
3. Point Sparring
4. Full Contact Drills (Adults)
5. Grappling (Optional Adults)
6. 2 vs. 1 sparring

10 Sparring Habits to Develop

1. *Always wear your protective equipment*
2. *Learn to read your opponent (What stance are they in? What techniques are they using?)*
3. *Front leg is used 80% of the time*
4. *Always stay sideways*
5. *Keep guards up / elbows in*
6. *Use lateral movement (side to side)*
7. *Follow up your kicks with punches, and your punches with kicks; use combinations!*
8. *Stay on the balls of your feet*
9. *When kicking, slide instead of stepping*
10. *Control your technique*

Leadership Requirements:

Students are required to have a minimum of 40 Leadership Credits prior to testing to Black Belt.

Finalize notebook and prepare speech

“What Jhoon Rhee Tae Kwon Do has done for me”
