



jhoon rhee tae kwon do

Gold Belt Curriculum

3 Count Round Kick

1. Chamber round kick with straight posture
 - a. Full pivot on support foot
 - b. Support knee locked
 - c. Heel and knee pointed towards target
2. Round kick snap and re-fold.
 - a. kick goes all the way through target
3. Foot down

Gold Belt Combinations:

- All combinations are offensive
1. Front punch, back punch, front ridge hand
 2. Front punch, front kick, back punch
 3. Front punch, sidekick, back punch
 4. Front punch, round kick, back ridge hand

Gold Belt Form: Jayoo, meaning Freedom

Chun-bi: Arms crossed at wrist, chin level. Left hand is on the outside.

1. Chunbi
2. W - left fold, left chop block and **yell**
3. Right back punch
4. E - right fold, right chop block
5. Left back punch
6. N - left fold, left chop block
7. Right back punch
8. Right fold, step through, right chop block
9. Left back punch
10. Back left front kick, land in front
11. Left punch, right back punch and **yell**
12. Turn 270 degrees (W), right fold, right chop block
13. Left back punch
14. E - left fold, left chop block
15. Right back punch
16. S - right fold, right chop block
17. Left back punch
18. Left fold, step through, left chop block
19. Right back punch
20. Back right front kick, land in front
21. Right punch, left back punch and **yell**
22. Turn 270 degrees (W), left fold, left chop block W
23. Right back punch
24. E - right fold, right chop block
25. Left back punch and **yell**
26. Goman, X-block, left hand on the outside

Things to remember:

Fold before you chop. Punch eye level. Entire form is in high back stance and high twist stance

Sparring (Be sure to use light contact)

1. 1 Step rhythm sparring

Alternate a single sparring technique with your partner.

Be sure to keep a consistent rhythm.

2. 3 Step rhythm sparring

Alternate 3 sparring techniques w/partner. Be sure not to break the rhythm of your combination.

Be sure to keep a consistent rhythm
