



# jhoon rhee tae kwon do

## Orange Belt Curriculum

### 4 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 refold.
  - a. kick goes all the way through target
3. Round Kick again
4. Put foot down

### 12 Basic Stances and Positions

#### **Stances:**

1. High closed stance, feet together hands on chest
2. High open stance, feet one foot length apart
3. High back stance, turn left foot 90 degrees
4. High twist stance, pivot back foot
5. Low closed stance, feet together with knees bent
6. Low open stance, feet 3 foot lengths apart
7. Low back stance, turn left foot 90 degrees
8. Low twist stance, pivot back foot
9. Front stance, lock back leg, put hands in traditional position, toes forward
10. Front kick stance, pick up knee waist level
11. Side kick stance, pivot support foot, tuck kicking leg
12. Round kick stance, Pivot support foot, point knee at target

#### **Positions:**

1. Chario, attention
2. Kyung-ye, bow
3. Chunbi, ready position, hands on chest in high back stance
4. Fold, touch neck and belt
5. Chop, elbow bent 150 degrees looking over fingertips
6. Punch, eye-level back punch
7. Front kick in, aim front knee straight ahead
8. Front kick out, snap and refold front kick
9. Sidekick in, Chamber sidekick with full pivot
10. Sidekick out, Thrust kicking leg out and hold
11. Round kick in, bend knee, point kicking knee towards target
12. Round kick out, Snap and refold round kick

#### Sparring:

1. Controlled 1-step and 3-step sparring
  2. Controlled free sparring
  3. Double kick rhythm sparring
  4. Slide kicks
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## **Orange Belt Form: Chosang, meaning Ancestors**

Chun-bi: Right hand covering left fist, chin level

1. West, fold, left chop block and yell
  2. Right back punch
  3. East, right fold, chop block
  4. Left back punch
  5. North, left chop block
  6. Right back punch
  7. South, right chop block (do not bring feet together on fold)
  8. Left back punch
  9. North, open hand fold (feet do not come together), left on top, right high chop, left low chop
  10. Pivot high right knife hand strike, left hand open block
  11. Right back leg front kick (guards in)
  12. Double fist fold, right on top, right back fist. (low crossed stance, front foot facing north, body at a 45 degree angle)
  13. Open hand fold right on top, left high chop, right low chop
  14. Pivot high left knife strike and right open hand block
  15. Left back leg front kick (guards in)
  16. Double fist fold, left on top, left back fist and yell
  17. South, Right chop block
  18. Left back punch
  19. Left chop block
  20. Right back punch
  21. Right chop block
  22. Left back punch and yell
  23. Left back leg front kick, land with feet together
  24. Open hand fold, left hand on top, step right front stance, double chop, look up at right hand
  25. Open hand fold (right foot steps back to left), right hand on top, step left front stance double chop, look down at right hand
  26. Left foot steps back to right, open X block to double chop
  27. Open hand X block to double "V" chop
  28. Step forward, kneel on right knee, bring hands from chest to make "Moon vision"
  29. Open hand X block to double chop (still kneeling)
  30. Stand up, left to right, feet together, fold and left chop block
  31. Right back punch
  32. Feet together (right foot to left), Open hand X block
  33. Both hands circle down and up to cover right hand over left fist with arms locked above head
  34. Lower fist to chin level
  35. North, step back with left foot, turn towards front, kneel on right knee, hands up to make "Moon vision"
  36. Open hand X block to double chop
  37. Stand up, left foot to right, fold and left chop block
  38. Right back punch and yell
  39. Step up (right foot to left) Open hand X block
  40. Both hands circle down and up to cover left fist with right hand, arms locked above head
  41. Lower fist to chin level, bow
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