



## High Brown Belt Curriculum

### **Belt Stretch:**

1 Minute Front kick and Side Kick

### **Push-ups:**

50 under 1 minute

### **Musical Forms: Jayoo, Hanguk, Chosan, and Migook**

### **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, rechop 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, rechop 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



38. Step right foot to left foot, low chop block with left hand
39. Right punch in low twist stance, re chop 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, re chop 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