



Gold Belt Curriculum

Gold Belt Form: *Jayoo*, meaning *Freedom* – 1-11

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**

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)

Gold Belt Combinations:

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