



High Gold Belt Curriculum

Technical Four Count Side Kick: (kicks must be at least belt level)

1. Knee in side kick fold
2. Side Kick extension and hold
3. Refold to side kick fold
4. Foot down

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**

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, step behind sidekick, back punch