



High Orange Belt Curriculum

12 Basic Positions

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

4 Count Double Roundkick-

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 snap and refold
4. Foot down

Sparring:



1. Controlled 3-step rhythm sparring
2. Controlled free sparring
3. Slide kicks



Orange Belt Form: Chosang, meaning Ancestors 1- 41

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