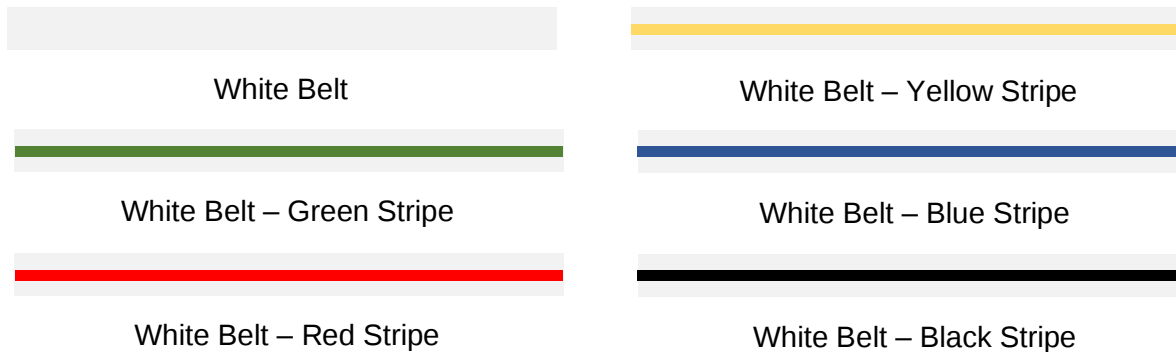


PREPARATORY SYLLABUS

Meaning of the belts and colours: White symbolises innocence and ignorance of Martial Arts. This is where all students begin. The stripe on each belt indicates the progression of the student in this program as they develop their foundation skills, in preparation for the official Curriculum, i.e. the path to Black Belt (*usually from around 6 or 7 years old*)



Students must be competent in the following terminology and techniques to enter into the official Curriculum – The path to Black Belt.

TERMINOLOGY

Charyot – Attention
Kyungrae – Bow
Joonbee – Ready
Shijak – Begin/Start
Comman/Parol – Finish/Stop
Shiou – Relax

Counting from 1-4 in Korean - Hana (1) Dul (2) Set (3) Net (4)

STANCES

Charyot
Kyungrae
Joonbee
Horse-Riding Stance
Fighting Stance

BLOCKS/STRIKES

Low Block
Inner Block
High Block
Body Punch
Face Punch
Abdomen/Groin Punch

KICKS

Front Kick
Turning Kick
Push Kick
Axe Kick

HORSE-RIDING STANCE TECHNIQUES

While in horse-riding stance the student must execute the following:

Body Punch – single, double, triple
Abdomen/Groin Punch
Face Punch
Low/Middle/High (groin, body, face)
Low Block
Inner Block
High Block

FIGHTING STANCE KICKING TECHNIQUES (Stationary)

Front Kick
Turning Kick
Push Kick
Axe Kick (Straight Leg)

CONTACT KICKING/PUNCHING (Using Kick Shields/Targets/Bags)

Punching (Jab and Cross in fighting stance)
All Kicks

SELF-DEFENCE SKILLS (Bullyproof and Stranger Danger Skills)

- ✓ Verbal assertiveness (Students learn to stand their ground with confidence)
- ✓ Self-defence rules: #1. Avoid fighting #2. when attacked - defend yourself
- ✓ Using your body to neutralise situations

PHYSICAL SKILLS (Gross Motor Skills/Different Body Movements)

- ✓ Running (forwards/sideways/backwards/changing direction)
- ✓ Jumping/Leaping (forwards/sideways/backwards)
- ✓ Hopping (two feet/one foot)
- ✓ Hand-eye/Foot-eye Coordination
- ✓ Balance
- ✓ Flexibility

ADDITIONAL REQUIRMENTS (Attitude towards learning)

In addition to the required techniques above, students must demonstrate a positive attitude towards their learning and training. They must also begin to demonstrate understanding and practice of the tenants below:

- ✓ **Courtesy:** To be respectful to all people at all times.
- ✓ **Integrity:** Being honest and always striving to do the right thing.
- ✓ **Perseverance:** Having a 'never give up' attitude.
- ✓ **Self-Control:** The ability to control your thoughts and actions.
- ✓ **Indomitable Spirit:** To be difficult to intimidate or defeat.

