

# JUNIOR CURRICULUM

This is curriculum for students age 4-7 we are presenting for your comments, additions and concerns, please read over it and get back to Mr. Cashatt. Thanks,

## GREEN STRIP (half the normal width on the white belt)

1. Students must bow when coming on or leaving the dojang floor.
2. greet Black Belts with a bow and taekwon
3. proper hand shake
4. deflect ear grab
5. saying yes sir (ma'am) and no sir (ma'am) to Black Belts
6. Listening position #1, #2 & #3
7. Student must perform side bends and twisting exercises properly.
8. Student must know how to count from 1 to 4 in Korean.
9. Student must learn to make a fist properly, consistently.
10. sitting stance punch using the up/down motion
11. parallel ready stance hands 1 inch apart, 2 inches from the navel with eyes just above the horizon, with no smiles.
12. holding a side straddle stretch, no hands and then with hands down
13. split with one hand on each side of outstretched leg
14. 10 perfect push ups
15. jumping jacks
16. tying the belt
17. to know their right and left
18. Routine for joining class that has already started.

## BLUE STRIP (half the normal width on the white belt)

19. bopper- ninja warrior
20. duck, jump- move
21. blocking rapid fire squares in a fighting stance guarding block.
22. getting up defensively
23. clam
24. four point stance upside and downside
25. three point stance, back piercing & punch
26. wrist releases
27. lapel grab release
28. escape from choke hold
29. jumping over the river- feet together, using the swing of the arms

## **RED STRIP** (half the normal width on the white belt)

30. know some Korean (dobuk, dojang, charyot, Kyung-niet, Jhoon-Bee, She-jak, goh man)
31. knowing the four directions and letters
32. Student must know how to count to 10 in Korean.
33. Obverse and reverse side
34. dirty half dozen
35. frontal 5
36. basic knowledge (yellow stripe requirement sheet)
37. headlock escape
38. full nelson escape
39. pin escape
40. Rolls and falls
41. Accepting an award or promotion run up routine
42. proper KIAP!

## **BLACK STRIP**

43. Student must perform fighting stance, guarding forearm block.
44. Must perform jab and punch, rotating back foot on the ball shifting in fighting stance
45. from a fighting stance- shift-jab
46. correct walking stance- width and length, front leg bent, back leg locked
47. walking stance punch, shoulders square with wrist straight as high as solar plexus, other hand on hip.
48. Step through and punch using c-stepping.
49. 4 movements going front with walking stance outer forearm block
50. 4 movements going front with walking stance inner forearm block
51. low block forearm and knifehand
52. rising kick over head
53. middle snap kick
54. middle side piercing kick
55. middle back leg turn kick  
(all three kicks above the belt consistently)