

On a Quest to be my Best

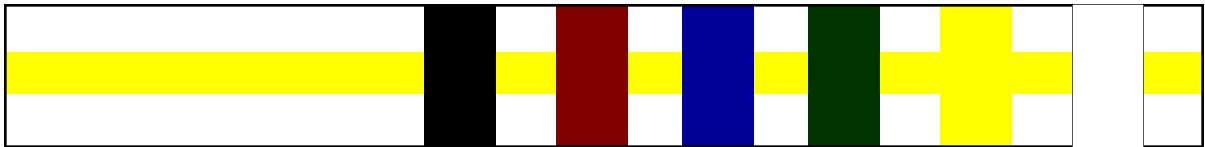
*White Belt
with Yellow
Stripe*

Curriculum

Testing Requirements

Belt Promotion Resources

Curriculum
Stripping Requirements
White Belt with
Yellow Stripe



9th Rank (gup)

Stripping Guide Lines for Children - White with Yellow Stripe Belt (9th gup)

White Stripe

Forms

Cho - Shim

Exercise / Drills

Proper Jumping Jacks

Correct Push-up position (Plank) 10 count

All Kicks on Target w/ Hands Up

Palm, Palm, Elbow, Elbow on Mitts

Yellow Stripe

Self Defense

Pushing Front Kick & Bad Dog Voice

“Bad Dog Voice w/ Broken Record”

*repeating demand in a continuous
aggressive manner*

4 Corner Blocking

1 thru 8 Attacks

Green Stripe

Kicks

Switch Knee Strike and step forward

Switch Front Kick and step forward

Round Kick

Rear Leg Kick - Return to Fighting Stance

Lead leg Kick

Stances

Parallel Ready

Blue Stripe

Hands

Palm Strike Lead & Rear

Hook Punch

Kickboxing Combinations

1 thru 4 hands

1 thru 4 hands with kicks and knees

Red Stripe

Task

Memorize

“I can always do better than I think I can”.

Count to Ten in Korean

Anger Management

(ten count cool down)

Acts of Kindness

Return (15) AoK's

Black Stripe

Intent / Chores

Return Signed Intent to Promote
and Chores List

Attendance

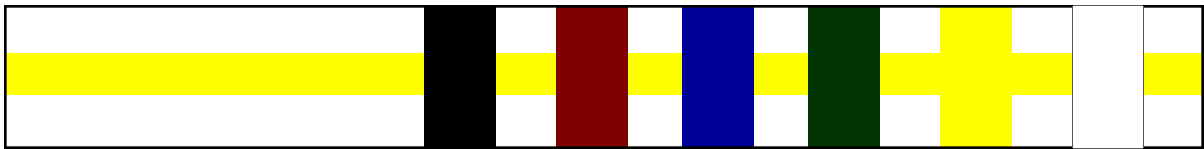
Minimum of 25 classes and
7 weeks of training

Testing

Test in class w/ all current material and
receive an average grade of 3 out of 5.

SONOMA TAEKWONDO CENTER

***Testing and Belt Promotion
Requirements
for
White Belt with
Yellow Stripe***



9th Rank (gup)

9th Rank - White Belt w/ Yellow Stripe Testing Attendance and Promotion

Testing

Testing will be conducted in class with all current White belt curriculum you have just completed.

To advance to next belt color you will need to receive an average grade of 3 out of 5 on each item.

Attendance Requirements

To complete your promotion requirements you will need to attend a minimum of 25 classes and 7 weeks of training

Belt Promotion

To complete your promotion requirements you will need to turn in an Intent to Promote signed by your parents and your teacher with a list of Chores you do for your family.

Directions for Intent to Promote:

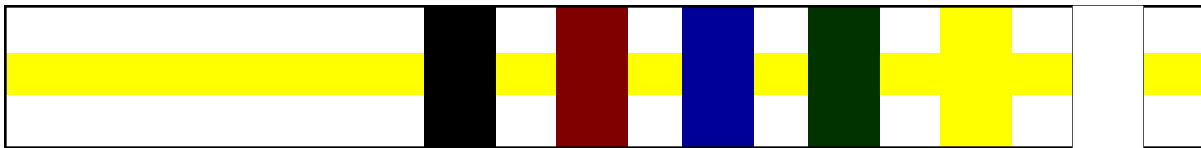
Print the *Intent to Promote (from the reference section)*.

- Have your parents give you a score from 1 to 10 that corresponds with your attitude and cooperation at home over the last 6 to 8 weeks.
- Have your teacher give you a score from 1 to 10 that corresponds with your attitude and cooperation at school over the last 6 to 8 weeks.
- Once completed return paper to your instructor.

A list of Chores done by student at home for the family

SONOMA TAEKWONDO CENTER

Reference Material
White Belt with
Yellow Stripe



9th Rank (gup)

9th Rank - White Belt Curriculum

CHO-SHIM (Beginners Mind)

Meaning of Pattern: literal meaning – (beginners mind). To approach your workout as a beginner, willing to learn, no matter how high your rank, or how long you have been training.

Number of Moves 12

Kihaps 6 & 12

Ready Posture: Parallel Ready Stance

<u>Technique</u>	<u>Stance</u>	<u>Section</u>
1) Lt. Upper Defense	Fighting (rt. leg back)	High
2) Rt. Rev. Punch	No Change	Middle
3) Rear Leg Front Kick		Middle
4) Rt. Low Defense	Fighting (lt. leg back)	Low
5) Lt. Elbow Strike (step w/ rear leg)	Fighting (rt. leg back)	Jaw Line
6) Lt. Knife hand Strike (kihap)	Middle	Neck
7) Rt. Upper Defense	Fighting (lt. leg back)	High
8) Lt. Rev Punch	No Change	Middle
9) Rear Leg Front Kick		Middle
10) Lt. Low Defense	Fighting (rt. leg back)	Low
11) Rt. Elbow Strike (step w/rear leg)	Fighting (lt. leg back)	Jaw Line
12) Rt. Knife hand Strike (kihap)	Middle	Neck

Bahroh– Bring Left Foot Back to Ready Stance

9th Rank - White Belt Curriculum

4 Corner Blocking

Start in your fighting stance, and always re-chamber your hands back to the fighting position after each technique

Defensive Technique

- 1) Lead leg low defense
- 2) Rear leg low defense
- 3) Lead leg middle defense (middle)
- 4) Rear leg middle defense (middle)
- 5) Lead leg hook punch defense
- 6) Rear leg hook punch defense
- 7) Lead Side Leg Block
- 8) Rear Side Leg Block

Attacking Technique

- Right Rear leg front kick
(return leg behind & switch legs)
- Left Rear leg front kick
(land with left leg forward)
- Backhand Punch
- Lead Punch
- Backhand Hook Punch
- Lead Hook Punch
- Right leg round kick
(return leg behind & switch legs)
- Left leg round kick

9th Rank - White Belt Curriculum

Kickboxing Combinations 1 thru 4

<u>Attacks</u>	<u>Names</u>	<u>Techniques</u>
1 thru 4 have no attack from partner.	1-	Jab
	1 knee	Jab / Rear Leg Knee
	1 kick	Jab / Rear Leg Kick
Partner holds mitts up between chin and eyebrows, standing in a fighting stance	2-	Jab / Cross
	2 knee	Jab / Cross / Switch Rear Leg Knee
	2 kick	Jab / Cross / Switch Rear Leg Kick
	3-	Jab / Cross / Hook
	3knee	Jab / Cross / Hook / Rear Leg Knee
	3kick	Jab / Cross / Hook / Rear Leg Kick
	4-	Jab / Cross / Hook / Cross
	4 knee	Jab / Cross / Hook / Cross / Switch Knee
	4 kick	Jab / Cross / Hook / Cross / Switch Kick

SONOMA TAEKWONDO CENTER

18909 Sonoma Highway, Sonoma, Ca., 95476
(707) 935-7118

Notice of Intent to Promote _____

(Students Name)

Date issued; ___/___/___

Date returned; ___/___/___

Dear Parents and Teachers,

New Rank; _____

Our main objective at Sonoma Taekwondo Center is to help you develop a well rounded child, not only at Sonoma Taekwondo Center, but within our community as well.

Our school teaches the principles of Black Belt Excellence means Personal Excellence. Not only do students become black belts in martial arts, but they also strive to become academic black belts and eventually, corporate black belts or black belt employees. We use black belt as a metaphor for personal excellence.

In order to monitor our students progress towards these goals, we respectfully request that you complete the following. Please return this form to the student as soon as possible. They cannot be promoted until all of their paper work is turned in.

1. This student is respectful, doing satisfactory work and receiving passing grades.

(circle one) 1 2 3 4 5 6 7 8 9 10 (5 is average and 10 is perfect)

Teachers signature

_____/_____/_____
Date

2. My son / daughter has been behaving in a respectful manner and cooperating at home

(circle one) 1 2 3 4 5 6 7 8 9 10 (5 is average and 10 is perfect)

Please Note: Parents on the back of this Intent include a list of chores (other than their bedroom) your child does at home or for others.

Parents signature

_____/_____/_____
Date

If our students do not meet any of these qualifications either at home, at school, or here at Sonoma Taekwondo Center, we will hold the students promotion until there has been satisfactory improvement.

If you have any direct feedback beyond the scope of this form, please feel free to write on a separate piece of paper, or call our Senior Instructor (Patrick Hoffmann) directly. 935-7118 Thank you for your cooperation.

Sincerely,

Head Instructor
Sonoma Taekwondo

Acts of Kindness Page

1		White Belts
2		Need to do
3		15
4		Yellow Belts
5		Need to do
6		15
7		Green Belts
8		Need to do
9		20
10		Blue Belts
11		Need to do
12		25
13		Red Belts
14		Need to do
15		30
16		Poome belts
17		Need to do
18		35
19		
20		

Use this form to list your Acts of Kindness. An AoK can be something as small as a smile, a hello, a hug or holding a door open, it could be; you getting your chores done without being told, it could be any act that makes another person happier, or their day easier. Something that shows kindness, courtesy, or respect.

Reminder; This task is as important as any other part of your curriculum, you will not be able to promote to the next level without this form completed and returned to your instructor.