

NAME: _____

H - ORANGE Belt Curriculum

You Must Know & Understand

Your Form: Taekguk 3 (SAM JANG) Full Part

Your Kick: Low high roundhouse kick, down kick, fast kick

Your Breaking: Jumping Round Kick

Sparring: Fastkick, DBL roundkick, Slideback Roundkick

Your Basic Hand techniques:

Single Knife Hand Reverse Punch

*Refer to Orange - White

Your Stances:

Back Stance

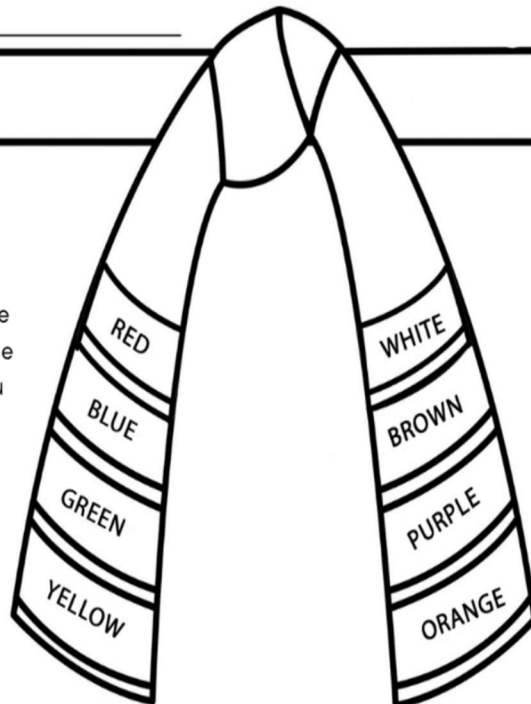
*Refer to Orange - White

EAGLE TAEKWONDO

Name: _____

Color your belt color.
Color in your stripes when the instructor says you have earned it during class. Once all stripes are colored, you may schedule for testing.

What color is your belt now?



STRIPES CHECKLIST

- RED- FORMS
- BLUE- SPARRING
- GREEN - BREAKING
- YELLOW- KICKING
- WHITE - CHALLENGE
- BROWN- KNOWLEDGE
- PURPLE- PERFORMANCE
- ORANGE - FITNESS



QUESTIONS

SELF CONTROL

- **DO NOT ALLOW YOURSELF TO DO ANYTHING DESTRUCTIVE TO YOURSELF OR TO OTHERS MA'AM/SIR!**

Examples of Self Control include: Power control in sparring, not having a temper, not saying things you don't mean, etc.

Low Block
High Block

AHRE MAKI
EOLGUL MAKI



Written Test

Orange-H Belt Testing for Green Belt

TAE KWON DO

What does Self control mean?

What is an example of Self Control?