

NAME: \_\_\_\_\_

# ORANGE Belt Curriculum

You Must Know & Understand

**Your Form:** Taekguk 3 (SAM JANG) Half Part

**Your Kick:** Fast Kick, Switch leg, Fast Kick

**Your Breaking:** Jumping Front Kick

**Sparring:** Roundkick, DBL Roundkick, slide back Roundkick

Your Basic Hand techniques:

Single Knife Hand      Reverse Punch

\*Refer to Purple High - White

Your Stances:

Back Stance

\*Refer to Purple High - White

## EAGLE TAEKWONDO

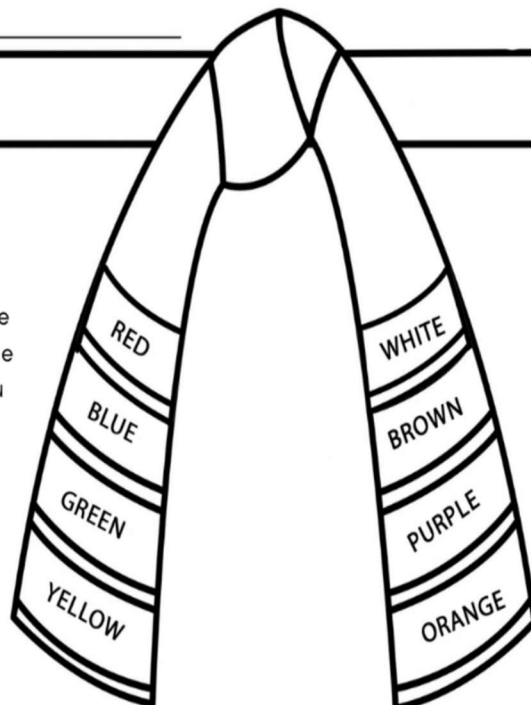
Name: \_\_\_\_\_

\_\_\_\_\_

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

### PERSEVERANCE

*TO NEVER GIVE UP MA'AM/SIR!*

*Examples of Perseverance include: Keep going even though it's challenging, try again*

### Must be able to Recite EAGLE TKD's STUDENT OATH

1. I shall observe the spirit of taekwondo
2. I shall respect the instructors and seniors
3. I shall never misuse Tae kwon Do
4. I shall be a champion of freedom and justice
5. I shall build a more peaceful world



### Written Test

Orange Belt Testing for Orange-H Belt

What does Perseverance mean? Give me a personal example of when you persevered through something.

Write the Student Oath?

- 1.
- 2.
- 3.
- 4.
- 5.