



Yordan's Black Belt Academy Training Sheet

10th Gup to 9th Gup – White to High White (Yellow Stripe)

NEW PATTERNS RESPONSIBLE FOR: KIBON 1

TERMINOLOGY:

We train in the style of ITF Tae Kwon Do which originated in South Korea.

KOREAN TERM	WHAT IT MEANS OR ACTION NEEDED
Cha-ryut	Attention
Kyung-nea	Bow
Ba-ro	Recover
Shi-ro	Rest
Chunbi	Come to parallel ready stance
Kamsa Hamnida	Thank you (<i>Sounds like come-sah-ham-knee-da</i>)
Kihap	Yell with Ki. Sound made when performing a technique. (<i>Sounds like key-up</i>)

TENET	WHAT IT MEANS
Self Control	Control of emotions and actions by strength of will.
Perseverance	To hold a course of action without giving way.
Integrity	Pure character; knowing right from wrong; honesty. Rigid loyalty to a code of behavior.
Courtesy	Polite behavior; gracious manners.
Indomitable Spirit	Incapable of being overcome or subdued.

PURPOSE OF FLAGS IN DOJANG

The United States flag shows that we live in the United States. The South Korean Flag (Taegukgi) shows respect for the country in which Tae Kwon Do originated.

SYMBOLISM IN THE AMERICAN FLAG	
13 stripes	13 original colonies
50 stars	50 States of America
Red	Hardness and Courage
White	Innocence and Purity
Blue	Vigilance, Justice and Perseverance

PURPOSE OF BOWING

Bowing upon entering and leaving the dojang shows respect to the American and Korean flags. Bowing at the beginning and end of class shows proper respect to the colors, the Instructor and the highest ranking student. Bowing before asking a question and receiving an answer is an act of courtesy.

KIHAP AND WHY WE DO IT

The kihap serves many important functions. The kihap should be a deep, loud and abrupt sound – not a scream. Psychologically, it increases your strength, courage and fighting spirit. In training, kihaps are executed on the last strike in a series of techniques and used to emphasize major movements in a pattern. When properly timed it can be used as a feint to upset your opponent's guard and leave openings for your attack. It also assists in breath control as it is not possible to hold your breath and kihap at the same time.

TECHNIQUES:

Stances:

- Walking stance
- Sitting stance
- Parallel ready stance

Hand techniques: (Including proper hand position, uses, tool)

- How to make a proper fist
- Front punch
- Low block
- Middle block
- Rising block

Foot techniques: (Including proper foot position, uses, tool)

- Front kick with the ball of the foot
- Front kick with the instep of the foot
- Turning kick with the ball of the foot
- Turning kick with the instep
- Downward kick
- Stepping side kick

SELF DEFENSE TECHNIQUES:

Wrist release; Defense against 2 hand push

Kibon 1	
Ready	Step into a sitting stance with hands in ready position, moving left foot out. <i>Remain in sitting stance throughout pattern.</i>
1	Low block with left hand
2	Low block with right hand
3	Middle block with left hand
4	Middle block with right hand
5	Rising block on left side
6	Rising block on right side.
7&8	Left punch, right punch in rapid succession.