



jhoon rhee tae kwon do

Blue Belt Curriculum

7 Count Hook, Round, Side Kick

1. Side kick fold.
2. Quick hook kick and refold to round kick position.
3. Round kick snap and refold.
4. Side kick fold.
5. Side kick lock and hold.
6. Side kick refold.
7. Foot down.

Combinations

1. Offensive back reverse crescent kick, back punch, back leg round kick, back punch.
2. Offensive front leg side kick, jump front leg side kick, back punch.
3. Offensive jump back leg round kick, reverse hook kick, back ridge hand.

Sparring

Be sure to use light contact.

1. Mixed rhythm sparring.
 - Rhythm sparring with mixed count. 1st partner throws 1 technique, 2nd partner throws 2 techniques, 1st partner throws 3 techniques, 2nd partner throws 1 technique, etc.

2. Free sparring.
 - Slip.
 - Parry.
 - Duck.
 - Reverse Side Kick Counter.
3. Point sparring.
 - Blitz.
 - Slide side kick.
 - Fade side kick.

10 Sparring Habits to Develop

1. Always wear your protective equipment.
2. Learn to read your opponent. (What stance are they in? What techniques are they using?)
3. Front leg is used 80% of the time.
4. Always stay sideways.
5. Keep guards up/elbows in.
6. Use lateral movement (side to side).
7. Follow up your kicks with punches, and your punches with kicks; use combinations!
8. Stay on the balls of your feet.
9. When kicking, try sliding instead of stepping.
10. Control your technique.



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Blue Belt Form: Pyung-wa, meaning Peace

Chun-bi: X-Block with fists, chin level.

1. North, double horizontal chop and yell.
2. Left step forward, right neck chop, left rising block with pivot in high twist stance.
3. Right back round kick, step behind sidekick, left back punch in low twist stance.
4. Slide back, to left low back stance, right chop down.
5. Step up to right front stance, right high chop going northeast.
6. Right step back to right back stance, left chop down going north.
7. Step up to left front stance, left chop high going northwest.
8. Left step back to left back stance, right chop down facing north.
9. Turn south, right ridge hand with a yell, in left front stance.
10. Right round kick, tornado kick, right elbow to left palm low open stance.
11. Left up, right down block (touch neck and belt).
12. Left down. Right up.
13. Both up block.
14. Both down block.
15. Left palm cover right fist by right ribcage, right punch. Hand on top.
16. Knuckle to knuckle, twin punch to right.
17. High fist X-block.
18. Turn west clockwise, stomp left low stance, high mountain block (twist palms facing in).
19. Repeat steps 11 through 16.
20. 360 degree jump, land in low back stance, right chop block with a loud yell.
21. Left step forward to right back stance, left chop down.
22. Left step to right foot, stand upright, side right chop block facing south.
23. Right hook, round, side triple kick (refold to sidekick stance and hold).
24. Left elbow strike to right palm, right front stance.
25. Turn north, right to left, left step to low open stance, left elbow strike.
26. Left step back to left back stance, right middle chop block.
27. Left back punch and yell.
28. Goman: X-Block with fists, chin level.