



jhoon rhee tae kwon do

Gold Belt Curriculum

3 Count Round Kick

1. Chamber round kick with straight posture.
 - a. Full pivot on support foot.
 - b. Support knee locked.
 - c. Heel and knee pointed towards target.
2. Round kick snap and refold.
 - a. Kick goes all the way through target.
3. Foot down.

Gold Belt Combinations

All combinations are offensive.

1. Front punch, back punch, front ridge hand.
2. Front punch, front kick, back punch.
3. Front punch, sidekick, back punch.
4. Front punch, round kick, back ridge hand.

Sparring

Be sure to use light contact.

1. One-Step rhythm sparring.
 - Alternate a single sparring technique with your partner.
 - Be sure to keep a consistent rhythm.
2. Three-Step rhythm sparring.
 - Alternate 3 sparring techniques w/partner.
 - Be sure not to break the rhythm of your combination.
 - Be sure to keep a consistent rhythm.

Gold Belt Form: Jayoo, meaning Freedom

Chun-bi: Arms crossed at wrist, chin level. Left hand is on the outside.

1. Chun-bi.
2. W—left fold, left chop block and yell.
3. Right back punch.
4. E—right fold, right chop block.
5. Left back punch.
6. N—left fold, left chop block.
7. Right back punch.
8. Right fold, step through, right chop block.
9. Left back punch.
10. Back left front kick, land in front.
11. Left punch, right back punch and yell.
12. Turn 270 degrees (W), right fold, right chop block.
13. Left back punch.
14. E—left fold, left chop block.
15. Right back punch.
16. S—right fold, right chop block.
17. Left back punch.
18. Left fold, step through, left chop block.
19. Right back punch.
20. Back right front kick, land in front.
21. Right punch, left back punch and yell.
22. Turn 270 degrees (W), left fold, left chop block W.
23. Right back punch.
24. E—right fold, right chop block.
25. Left back punch and yell.
26. Goman, X-block, left hand on the outside.

Things to remember:

Fold before you chop. Punch eye level. Entire form is in high back stance and high twist stance.