



jhoon rhee tae kwon do

Orange Belt Curriculum

4 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. Round kick again.
4. Foot down.

12 Basic Stances and Positions

Stances.

1. High closed stance, feet together hands on chest.
2. High open stance, feet one foot length apart.
3. High back stance, turn left foot 90 degrees.
4. High twist stance, pivot back foot.
5. Low closed stance, feet together with knees bent.
6. Low open stance, feet 3 foot lengths apart.
7. Low back stance, turn left foot 90 degrees.
8. Low twist stance, pivot back foot.
9. Front stance, lock back leg, put hands in traditional position, toes forward.
10. Front kick stance, pick up knee waist level.
11. Side kick stance, pivot support foot, tuck kicking leg.
12. Round kick stance, Pivot support foot, point knee at target.

Positions.

1. Chario, attention.
2. Kyung-ye, bow.
3. Chunbi, ready position, hands on chest in high back stance.
4. Fold, touch neck and belt.
5. Chop, elbow bent 150 degrees looking over fingertips.
6. Punch, eye-level back punch.
7. Front kick in, aim front knee straight ahead.
8. Front kick out, snap and refold front kick.
9. Sidekick in, Chamber sidekick with full pivot.
10. Sidekick out, Thrust kicking leg out and hold.
11. Round kick in, bend knee, point kicking knee towards target.
12. Round kick out, snap and refold round kick.

Sparring

1. Controlled 1-step and 3-step sparring.
2. Controlled free sparring.
3. Double kick rhythm sparring.
4. Slide kicks.



jhoon rhee tae kwon do

Orange Belt Curriculum

Orange Belt Form: Chosang, meaning Ancestors

Chun-bi: Right hand covering left fist, chin level.

1. West, fold, left chop block and yell.
2. Right back punch.
3. East, right fold, chop block.
4. Left back punch.
5. North, left chop block.
6. Right back punch.
7. South, right chop block (do not bring feet together on fold).
8. Left back punch.
9. North, open hand fold (feet do not come together), left on top, right high chop, left low chop.
10. Pivot high right knife hand strike, left hand open block.
11. Right back leg front kick (guards in).
12. Double fist fold, right on top, right back fist (low crossed stance, front foot facing north, body at a 45 degree angle).
13. Open hand fold right on top, left high chop, right low chop.
14. Pivot high left knife strike and right open hand block.
15. Left back leg front kick (guards in).
16. Double fist fold, left on top, left back fist and yell.
17. South, Right chop block.
18. Left back punch.
19. Left chop block.
20. Right back punch.
21. Right chop block.
22. Left back punch and yell.
23. Left back leg front kick, land with feet together.
24. Open hand fold, left hand on top, step right front stance, double chop, look up at right hand.
25. Open hand fold (right foot steps back to left), right hand on top, step left front stance double chop, look down at right hand.
26. Left foot steps back to right, open X block to double chop.
27. Open hand X block to double "V" chop.
28. Step forward, kneel on right knee, bring hands from chest to make "Moon vision."
29. Open hand X block to double chop (still kneeling).
30. Stand up, left to right, feet together, fold and left chop block.
31. Right back punch.
32. Feet together (right foot to left), Open hand X block.
33. Both hands circle down and up to cover right hand over left fist with arms locked above head.
34. Lower fist to chin level.
35. North, step back with left foot, turn towards front, kneel on right knee, hands up to make "Moon vision."
36. Open hand X block to double chop.
37. Stand up, left foot to right, fold and left chop block.
38. Right back punch and yell.
39. Step up (right foot to left), Open hand X block.
40. Both hands circle down and up to cover left fist with right hand, arms locked above head.
41. Lower fist to chin level, bow.