

Orange Belt to Green Belt

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TERMINOLOGY	BLOCKS AND STRIKES	STANCES	EXERCISES
UNIFORM – DOBOKE BELT – TEE TRAINING SCHOOL – DOJANG BEGIN – SHE JAK STOP – GOH MAHN BLOCK – MAKI KICK - CHAGI	KNIFE HAND OUTWARD BLOCK GUARDED KNIFE HAND OUTWARD BLOCK GUARDED LOW BLOCK BACK FIST DOWN BLOCK FINGER STRIKE KNIFE HAND HIGH BLOCK, NECK STRIKE	CAT STANCE OBLIQUE STANCE FRONT SPARRING STANCE BACK SPARRING STANCE	10 TRIANGLE PUSHUPS 10 BODY EXTENSIONS 10 SINGLE LEG PUSHES 10 STAR JUMPS
KICKS	SPARRING TECHNIQUES	POOMSAE	SELF DEFENCE
JUMP FRONT KICK JUMP ROUNDHOUSE KICK BACK KICK HOOK KICK	BLOCK AND PUNCH SLIDE ROUNDHOUSE KICK THEN ROUNDHOUSE	TAEGEUK EE JANG TAEGEUK SAM JANG	N/A BOARD BREAK AXE KICK