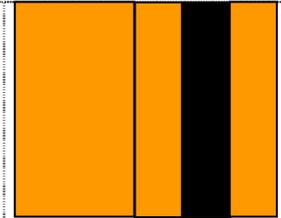




# SPARTA TAEKWONDO ORANGE BELT DEGREE PROGRAM



## A. New Stances

| Name | Korean Terminology | Other Terminology | Comment |
|------|--------------------|-------------------|---------|
| N/A  | N/A                | N/A               | N/A     |

## B. New Strikes

| Name                   | Korean Terminology | Other Terminology | Comment                                |
|------------------------|--------------------|-------------------|--|
| 2-Stage Defense Attack |                    |                   | Use white / yellow / orange techniques |

## C. New Blocks

| Name                     | Korean Terminology | Other Terminology | Comment |
|--------------------------|--------------------|-------------------|---------|
| Knife hand Low Block     | Sonnal Arae Makki  |                   |         |
| Double Arms Middle Block |                    | Reinforcing Block |         |
| Double Arms Low Block    |                    |                   |         |

## D. New Kicks

| Name                 | Korean Terminology | Other Terminology | Comment   |
|----------------------|--------------------|-------------------|---|
| Stepping Side Kick   |                    |                   | Kick using the front leg. Back leg steps behind front leg before kicking. |
| Back Kick            | Dwi Chagi          |                   |   |
| Ax Kick              |                    |                   |   |
| Fast Kick            |                    | Stepping 45       | Lead leg kick   |
| Jump Roundhouse Kick |                    |                   | Lift opposite leg, jump up and execute head section Roundhouse            |

## E. Forms

| Name      | Korean Terminology | Comment  |
|-----------|--------------------|--|
| Taegeuk 2 | Taegeuk Ee-Jang    | <i>* Symbolizes Joyfulness - This for represents a frame of mind which is serene and gentle, * Symbolizes Joyfulness - This for represents a frame of mind which is serene and gentle, that are made softly yet firmly with control.</i> |
| Palgwe 2  | Palgwe Ee-Jang     | <i>* Concept of Joyfulness - Its movements are applied when the practitioner is in a gentle, yet strong state of mind.</i>   |

## **F. Combination Kicks**

1. Roundhouse – Roundhouse – Push Kick [*45-45-Push Kick*]
2. Roundhouse – Push Kick – Back Kick [*45-Push Kick-Back Kick*]
3. Push Kick – Back Kick – Push Kick
4. Stepping Side Kick – Back Kick
5. Stepping Side Kick – Roundhouse [*Stepping Side Kick – 45*]

## **G. Breaks**

Orange – Side Kick

Orange/Black – Ax Kick

**H. Questions** – See handout or log in to [www.spartakd.com](http://www.spartakd.com) – Announcements – Printed Materials – Handouts and School Curriculum