



GOLD Belt Curriculum (Focus Team)

1. TRADITIONAL MOVEMENT

- Back Stance
 - Outside-In Middle Block, Closed Fist

Forms

- Pal-Gwe #1

Traditional Movement testing

2. SELF DEFENSE

Level 1: Escape

- Collar Grabs
- Front Shoulder Grab

Self Defense testing

3. HAND TECHNIQUES

- Back Fist
 - Stationary
 - Lunging
 - Retreating
- Reverse Punch
 - Stationary
 - Lunging
 - Stepping
- Ridge Hand
 - Front Hand
 - Rear Hand
- Palm Strike
 - Front Hand
 - Rear Hand

Hand Testing

4. KICKING TECHNIQUES

- Front
- Round
- Side
- Crescent
- *New Techniques*
 - Double Round, Front/Back
 - Skipping Side Kick
 - Skipping Front Kick
 - Turning Back Kick

Kick testing

5. COMBINATIONS

- Front Leg Double Round Kick — Double Punch — Rear Leg Front Kick
- Back Fist — Skipping Side Kick — Back Fist — Turn Back Kick

Combo Testing