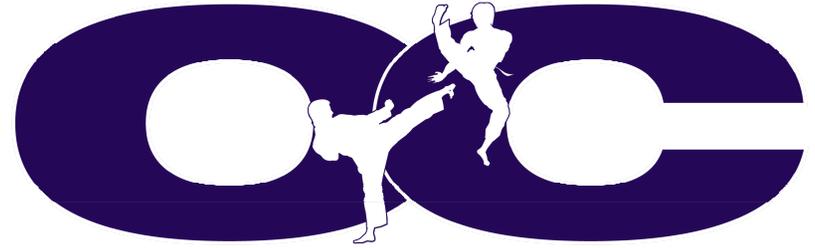


武道

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Orange County School of Martial Arts

Work hard!

Do your best!

Listen to
your
Parents!

Listen to
your
Teachers!

When you
listen, you
learn!

Be
positive!



TEAM TURTLE STUDY GUIDE #1 (AGES 4-6 YEARS OLD)

Follow
directions!

Don't say
can't!

Don't misuse
karate!

Develop self-discipline!

The basics...how to act

The basics is the foundation we build our martial art experience on. We encourage our youngest students to “act like a BLACK BELT” at all times. They are reminded of these actions with the TURTLE CREED and the basic techniques described below.

- Stand ready like a **BLACK BELT**— Choon Bee! Ready for what? Ready for anything!
- Sit calmly like a **BLACK BELT**— An-Jeu-Se-Yo. Sit up strait and cross legged.
- Focus like a **BLACK BELT**— Cha Ryut! Feet together with arms by your side.
- Respect others like a **BLACK BELT**—Kyung Ret. Bow to instructors, fellow students.

More basics...blocking, punching & kicking

These basic techniques will be practiced at all levels with emphasis on steady improvement between each belt promotion.

- Front stance—front knee bent and back leg straight in a deep lunge
- Low Block—sweep the arm down from the shoulder to above the knee
- High Block—sweep the arm up from the hip to above the forehead
- Back fist—elbow up, extend the back of the fist straight out
- Middle punch—hand high on the hip, extend the fist forward like an arrow
- Knee kick—pick up the knee with the leg bent
- Front kick—start like a knee kick then extend and push the foot straight out
- Roundhouse kick—turn the hip over and snap the leg out “over the table”
- Inside/Outside kick—swing the straight leg in a circle from in to out

Turtle Form #1...put it together

This form combines basic techniques while stepping forward in a straight line. Student should call out each technique along the way. End the form with a strong “ki-hap”.

1. Step forward with the left leg and a **LOW BLOCK**
2. Step forward with the right leg and a **SINGLE KNEE PUNCH**
3. In place on the left knee **HIGH BLOCK**
4. Step forward with the left leg into **HORSE STANCE PUNCH**
5. Slide the left leg back, left elbow high and **BACK FIST**
6. In place **REVERSE PUNCH** with the right hand
7. In place right leg **FRONT KICK** landing in front
8. In place left leg **ROUND KICK** landing in front
9. Drop to the right knee with simultaneous high block / reverse punch—**KI-HAP!**



One-step defense and sparring combinations are more intricate combinations of movements designed to be practiced on pads and with a partner. Each pair of combinations are learned at consecutive belt levels. Minimum time between belt levels is 2 months and 16 classes. This curriculum covers the first year to 18 months of study.

One Step Defense

White Belt

One Step #1: Left high block in place; stepping forward right high punch in a front stance

Orange Stripe

One Step #2: Left knife block in place; stepping forward right uppercut in a horse stance

Green Stripe

One Step #3: Right downward palm block in place; stepping forward right knife strike to temple in a horse stance

Red Stripe

One Step #4: Right outside-inside palm block in place; stepping forward right back-fist to face in a horse stance

Black Stripe

One Step #5: Right outside-inside block in place; stepping forward right elbow strike in a horse stance

Blue Stripe

One Step #6: Left high block in place; step left foot 45 degree horse stance; right punch striking to the ribs

Sparring Combination

Sparring #1: Left back-fist; reverse punch; right roundhouse kick

Sparring #2: Right roundhouse kick (land forward); right back-fist; reverse punch

Sparring #3: Left back-fist; reverse punch; right inside-outside (axe) kick

Sparring #4: Side step to the right; left inside-outside knife block; twist hips right reverse punch; right lunging front kick landing forward; left reverse punch

Sparring #5: Right roundhouse kick; left (turning) back kick; right reverse punch

Sparring #6: Left Jab; right reverse punch; cross step forward; left inside-outside crescent kick

Counting in Korean

Ha Na	One
Dul	Two
Set	Three
Net	Four
Da Seot	Five

Yeo Seot	Six
Il Gop	Seven
Yeo Deol	Eight
A Hop	Nine
Yeol	Ten