



AMERICAN TAE KWON DO ACADEMY

20 White Oak Drive, Asbury, NJ 08802 (908) 730-7151

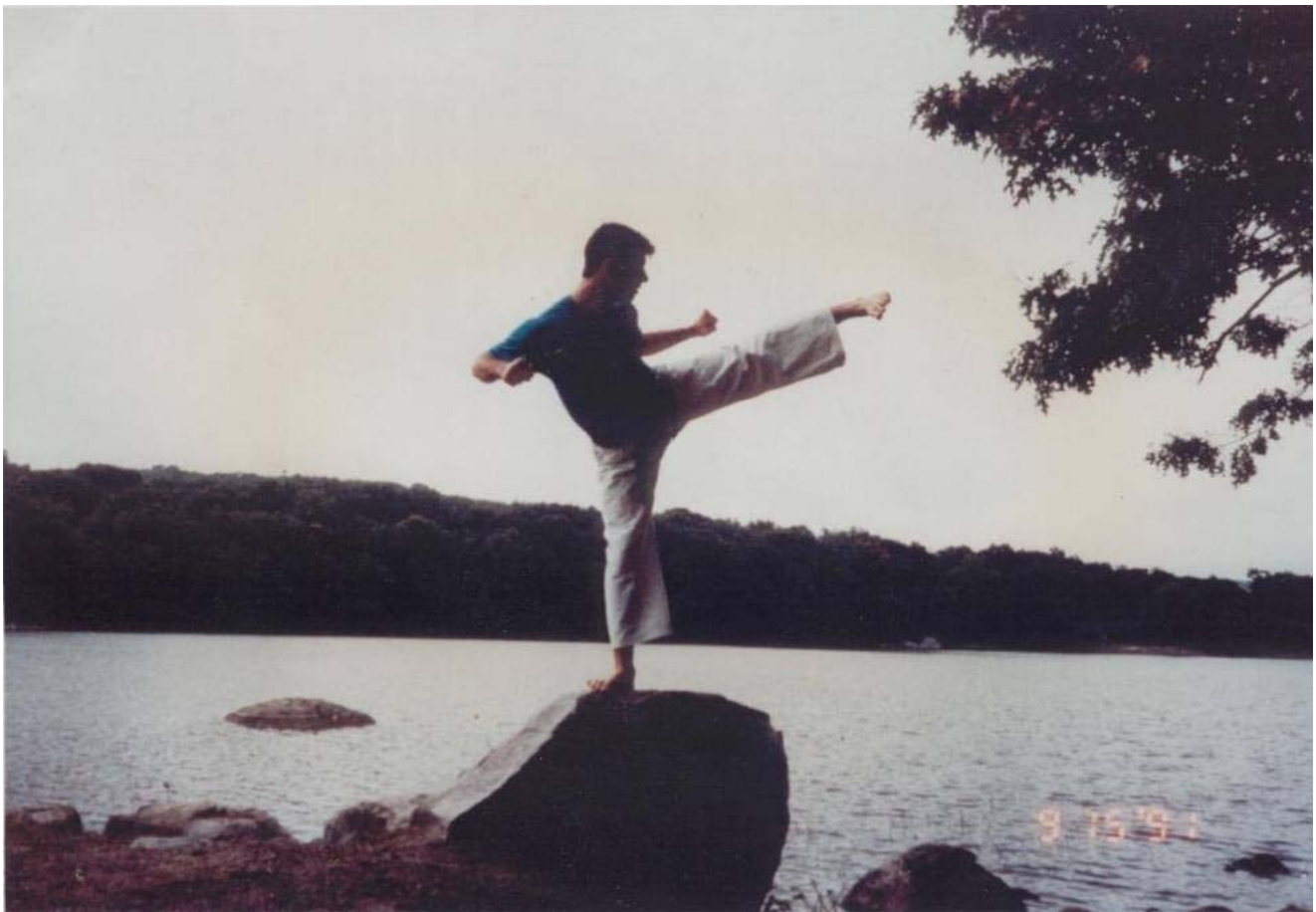
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Frank R. Coppola III-President



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YELLOW BELT STUDENT INFORMATION





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PYONG AN-I

DIR.	LEADHAND	MOVEMENT	LEAD FOOT	STANCE	
1) A	(Left Hand)	down block	{left}	front stance	E-----D
2) A	(Right Hand)	middle punch	{right}	front stance	:
3) B	(Right Hand)	down block and hammer fist	{right}	front stance	:
4) B	(Left Hand)	middle punch	{left}	front stance	F C G
5) C	(Left Hand)	down block and open hand rising block	{left}	front stance	\ : /
6) C	(Right Hand)	rising block	{right}	front stance	\ : /
7) C	(Left Hand)	rising block	{left}	front stance	A-----B
8) C	(Right Hand)	rising block + KIAI	{right}	front stance	start
turn 270 degrees left into:					
1) D	(Left Hand)	down block	{left}	front stance	
2) D	(Right Hand)	middle punch	{right}	front stance	
3) E	(Right Hand)	down block	{right}	front stance	
4) E	(Left Hand)	middle punch	{left}	front stance	
5) C	(Left Hand)	down block	{left}	front stance	
6) C	(Right Hand)	upper punch	{right}	front stance	
7) C	(Left Hand)	upper punch	{left}	front stance	
8) C	(Right Hand)	upper punch + KIAI	{right}	front stance	
turn 225 degrees left into:					
1) F	(Left Hand)	double knife hand block	{left}	back stance	
2) F	(Right Hand)	double knife hand block	{right}	back stance	
3) G	(Right Hand)	double knife hand block	{right}	back stance	
4) G	(Left Hand)	double knife hand block	{left}	back stance	

PYONG AN-II

1) W	(Left Hand)	Double Block {left reverse arm, right high block}	{left}	back stance	N
2) W	(Left Hand)	Press left, right upper cut and left middle punch		no stance change	NW NE
3) E	(Right Hand)	Double Block {right reverse arm, left high block}	{right}	back stance	W x E
4) E	(Right Hand)	Press right, left upper cut and right middle punch		no stance change	SW SE
5) N	(N/A)	Step Left, " Tea-Cup "(Left pulls back, right on top), lift right leg			S
S	(Right Hand)	and right side-kick middle target with right punch upper target			begin at "x"
6) N	(Left Hand)	Land after kick into double knife hand block	{left}	back stance	facing N
7) N	(Right Hand)	double knife hand block	{right}	back stance	
8) N	(Left Hand)	double knife hand block	{left}	back stance	
9) N	(Right Hand)	Press left, right middle target spear + KIAI	{right}	front stance	
turn 225 degrees into:					
1) SE	(Left Hand)	double knife hand block	{left}	back stance	
2) SE	(Right Hand)	double knife hand block	{right}	back stance	
3) SW	(Right Hand)	double knife hand block	{right}	back stance	
4) SW	(Left Hand)	double knife hand block	{left}	back stance	
5) S	(Right Hand)	step back with left foot, right reverse arm block	{neither}	horse/front stance	
6) S	(Left Hand)	high right front kick , left reverse punch	{right}	front stance	
7) S	(Left Hand)	step up with left foot, left reverse arm block	{neither}	horse/front stance	
8) S	(Right Hand)	high left front kick , right reverse punch	{left}	front stance	
9) S	(Right Hand)	double arm block	{right}	front stance	
turn 225 degrees into:					
1) NW	(Left Hand)	down block , and left high block-open hand	{left}	front stance	
2) NW	(Right Hand)	high block with fist	{right}	front stance	
3) NE	(Right Hand)	down block ,and right high block-open hand	{right}	front stance	
4) NE	(Left Hand)	high block with fist + KIAI	{left}	front stance	



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KUK-MU III

	<u>DIR.</u>	<u>LEADHAND</u>	<u>MOVEMENT</u>	<u>LEAD FOOT</u>	<u>STANCE</u>	
1)	A	(Left Hand) (Left Hand)	free-style block (left knife-hand, right fist) and knife hand strike	{left}	back stance no stance change	E-----D :
2)	A	(Right Hand) (Right Hand)	right rear leg roundhouse kick and free-style block (right knife-hand, left fist)	{right}	back stance no stance change	: C
3)	B	(Right Hand) (Right Hand)	free-style block (right knife-hand, left fist) and knife hand strike	{right}	back stance no stance change	: :
4)	B	(Left Hand) (Left Hand)	left rear leg roundhouse kick and free-style block (left knife-hand, right fist)	{left}	back stance no stance change	A-----,-----B
turn 90 degrees left into:						
5)	C	(Left Hand)	down block	{left}	front stance	
6)	C	(Neither) (Right Hand)	right front kick ; middle target and middle target punch	{right}	front stance no stance change	
7)	C	(Neither) (Left Hand)	left front kick ; middle target and middle target punch	{left}	front stance no stance change	
8)	C	(Neither) (Right Hand)	right front kick ; middle target and middle target punch + KIAI	{right}	front stance no stance change	
turn 270 degrees left into:						
1)	D	(Left Hand) (Left Hand)	free-style block (left knife-hand, right fist) and knife hand strike	{left}	back stance no stance change	
2)	D	(Right Hand) (Right Hand)	right rear leg roundhouse kick and free-style block (right knife-hand, left fist)	{right}	back stance no stance change	
3)	E	(Right Hand) (Right Hand)	free-style block (right knife-hand, left fist) and knife hand strike	{right}	back stance no stance change	
4)	E	(Left Hand) (Left Hand)	left rear leg roundhouse kick and free-style block (left knife-hand, right fist)	{left}	back stance no stance change	
turn 90 degrees left into:						
5)	C	(Left Hand)	down block	{left}	front stance	
6)	C	(Right Hand) (Left Hand)	right high block ; upper target and upper target reverse punch	{right}	front stance no stance change	
7)	C	(Left Hand) (Right Hand)	left high block ; upper target and upper target reverse punch	{left}	front stance no stance change	
8)	C	(Right Hand) (Left Hand)	right high block ; upper target and upper target reverse punch + KIAI	{right}	front stance no stance change	
turn 270 degrees left into:						
1)	A	(Left Hand) (Left Hand)	free-style block (left knife-hand, right fist) and knife hand strike	{left}	back stance no stance change	
2)	A	(Right Hand) (Right Hand)	right rear leg roundhouse kick and free-style block (right knife-hand, left fist)	{right}	back stance no stance change	
3)	B	(Right Hand) (Right Hand)	free-style block (right knife-hand, left fist) and knife hand strike	{right}	back stance no stance change	
4)	B	(Left Hand) (Left Hand)	left rear leg roundhouse kick and free-style block (left knife-hand, right fist)	{left}	back stance no stance change	



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3 STEPS

BELT	TIME	KUP	FORMS	3 STEPS, Board Breaks, Sparring	
WHITE to YELLOW	2 Mo. 40 Hrs	8.5,8, 7.5,7	Kuk Mu I Kuk Mu II	W#1	3 Knife Hand Blocks, Shuffle, Step, Upper Punch
				W#2	3 Knife Hand Blocks, Shuffle, Step, Neck Chop
				W#3	2 Knife Hand Blocks, "X"Block, Right Front Kick, Right Chop
				W#4	2 Knife Hand Blocks, Step Rt, Rt Front Kick, Lt Side Kick
				W#5	2 Knife Hand Blocks, Step Left, Right Side Kick
				B	Best Technique- ANY THREE STEP
For GREEN	4 Mo 60 Hrs	6.5,6, 5.5,5	Pyong An (Kuk Mu III)	Y#1	3 Outside to In Arm Blocks, Shuffle In, Low then High Right Punch (Note Takedown)
				Y#2	3 Reverse Side Knife Hand Blocks, Shuffle, Low then High Left Punch (Note Takedown)
				Y#3	2 Knife Hand Blocks, Step Back w/No Block, Step In w/ Right Out to In Block, Right Elbow-Back Fist-Neck Chop
				Y#4	(Pyong An II) 2 Knife Hand Blocks (Left then Right), Step Right, Left Block, Left Kick, Right Reverse Punch
				Y#5	Combination from White Belt (Either W#3 or W#4)
				B	Best Technique- ANY THREE STEP
For PURPLE	4 Mo 60 Hrs	4.5,4, 3.5,3	Pyong An II Ch'ien I Pyong An III	G#1	3 Knife Hand Blocks, Left Over and Under, Right Face Smash with Palm, Right Knee to Middle Target
				G#2	3 Reverse Knife Hand Blocks (Right, Left, Right), Right Over and Under (Arm-Bar), Right Front Kick
				G#3	3 Reverse Outside to In Arm Blocks (R, L, R), Right Knife Hand Attack, Left Middle Punch, Right Upper Punch
				G#4	(Pyong An III variation) 3 Pocket Blocks (Right, Left, Right), Rht Back Fist, Rt Ft moves into Horse Stance, Lt Mid Punch
				G#5	Another Combination from YELLOW BELT
				B	Best Technique- ANY THREE STEP
For BROWN	4 Mo 60 Hrs	2.5,2, 1.5,1	Pyong An IV (Kuk Mu IV) Pyong An V	P#1	2 Knife Hand Blocks, Step Back w/No Block, Left Side Kick, Right Round House, Right Elbow, Takedown w/Right Foot
				P#2	2 Knife Hand Blocks, Step Back w/No Block, Step In, Arm Break, Right Middle Punch, Sweep w/ Left Foot
				P#3	3 Knife Hand Blocks, Left Press/Block, Right Reach-Grab-Pull (takedown optional)
				P#4	(Pyong An IV) 2 Knife Hand Blocks, Left Knife Hand Block and Right Neck Chop, Right Low Front Kick, Right Back Fist
				P#5	Another Takedown from lower belt 3-steps Y1,Y2,G1, or G2
				B	Best Technique- ANY THREE STEP
For 1st Degree BLACK	12 Mo 180 Hrs	1st Dan Board break: 3" kick	Chul Gi I Palsek (Kuk Mu V)	W#1	REPEAT
				W#2	REPEAT
				W#3	REPEAT
				Br#4	2 Knife Hand Blocks, Step Back, Left MIDDLE Side Kick
				Br#5	2 Knife Hand Blocks, Step Back, Right UPPER Roundhouse
				B	Best Technique- ANY THREE STEP
					Board Break: 3" kick
	Sparring: 1 on 1				



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3 STEPS, continued

BELT	TIME	KUP	FORMS	3 STEPS, Board Breaks, Sparring	
For 2 nd Degree BLACK	2.5 Yrs	2 nd Dan	Chul Gi II Ship Su (Ko Ryo) (Ganaku)	Blk	2 Knife Hand Blocks, Step Back, Left Middle Side Kick, Right
				#1	Upper Roundhouse Kick
				#2	3 Outside to In Blocks, Left Face Fake, Left Foot Sweep
				#3	2 Knife Hand Blocks, Step Back Left Side Kick, Spin Right Side Kick (Close range upper target optional)
				#4	(Palsek) 3 Knife Hand Blocks, Reach Grab w/ Right Hand, Right Side Kick (Full Force No Grab, or Grab and Pull Kick)
#5	3 "Ship Su" Blocks, twist arm w/ left, face strike w/ right hand				
				Board Break: 4" Upper body, 4" kick	
				Sparring: 2 on 1	
For 3 rd Degree BLACK	3 Yrs	3 rd Dan	Yun Bee (KankuSho) {Palsek, Ship Su, Ghul Gi II}		3 Steps: 5 Combinations Board breaks: 5" Upper, 5" Kick, 5" Choice 3 spot combination Sparring: 3 on 1
For 4 th Degree BLACK	4 Yrs	4 th Dan	Ja On-Prt 1 {Palsek, Ship Su, Chul Gi II, Yun Bee, 1 optional}		3 Steps: 5 Combinations Board breaks: Any demonstration break Sparring: 4 on 1
For 5 th Degree BLACK	5 Yrs	5 th Dan	Ja On+Prt 2 {any 2 Black Belt forms}		3 Steps: 3 Combinations Board breaks: Any demonstration break Sparring: 4 on 1
For 6 th Degree BLACK	6 Yrs??	6 th Dan			
For 7 th Degree BLACK	7 Yrs??	7 th Dan			
For 8 th Degree BLACK	8 Yrs??	8 th Dan			
For 9 th Degree BLACK	9 Yrs??	9 th Dan			