



Lee's Martial Arts Academy
West Seattle

Student Curriculum

1/1/09

White	Yellow	Orange	Green	High Green	Blue	High Blue	Brown	High Brown
Kicks Front 45° round Axe Step Side	Kicks Front Push 90° round Side Inside Crescent Outside Crescent	Kicks High Front High 90° round Back Hook Step Hook	Kicks Step front Step 45° round Step Axe Step Turn Back Turn Round Turn Crescent Turn Back	Kicks Skipping Front Skipping 45° round Skipping Axe Skipping Side Skipping Hook Turn Hook	Kicks Switch Front Switch 45° round Switch In-Crescent Switch Turn Back Butterfly Round Butterfly Crescent Butterfly Axe	Kicks Double Front Double 45° round Cut (inside/outside) Cut-Front Push Cut-45° round Cut-Turn Back	Kicks Spinning Hook Spinning Snap Spinning Crescent Spinning Axe Gulliotine Round Twist	Kicks Sliding Front Push Sliding 45° round Sliding Axe Sliding Step Side Sliding Side Sliding Turn Back
Poomse Kibon/Palgwe Basic	Poomse Kibon/Palgwe B Balchagi 1	Poomse Kibon/Palgwe B Balchagi 1 Taeguk 1	Poomse Kibon/Palgwe B Balchagi 1-2 Taeguk 1	Poomse Kibon/Palgwe B Balchagi 1-2 Taeguk 1-2	Poomse Kibon/Palgwe B Balchagi 1-3 Taeguk 1-3	Poomse Kibon/Palgwe B Balchagi 1-3 Taeguk 1-4	Poomse Kibon/Palgwe B Balchagi 1-4 Taeguk 1-5	Poomse Kibon/Palgwe B Balchagi 1-4 Taeguk 1-6
Blocks High Block Outside Block First Block Inside Block Low Block	1 Step Sparring: 1 thru 3	Blocks High Knifehand Knifehand Inside Knifehand Low Knifehand	1 Step Sparring: 1 thru 6	Blocks Guarded Fist Guarded Low Guarded Knifehand Guarded Low Knifehand High/Inside Knifehand Palm Block	1 Step Sparring: 1 thru 9	Blocks Double Low Boungle Low Knifehand Double Fist Double Knifehand Double Outside	1 Step Sparring: 1 thru 12	Blocks Scissor Block Guarded Outside Guarded Inside High Cross Low Cross Wall Block
Strikes High Punch Middle Punch Low Punch	Self Defense 1 thru 3	Strikes Back Fist Hammer Fist Outside Knifehand Inside Knifehand Spear Hand	Self Defense 1 thru 6	Strikes Palm Heel Flat Spearhand Double Knifehand Eye Gouge	Self Defense 1 thru 9	Strikes Forearm Hook Elbow Back Elbow Uppercut Elbow Guillotine Elbow Drop Elbow	Self Defense 1 thru 12	Strikes Uppercut Hook Cross Claw (throat)
Stances Attention Ready Fighting Front Horse	Special Technique Forward	Stances Walking Back Fist	Special Technique Forward/Backward	Breaking Hamper Fist Step Axe Turn Back	Special Technique Double Attacks	Stance Tiger	Special Technique Multiple Attackers	Breaking Front Kick Skipping Front Spinning Snap Butterfly Round Sliding Side Sliding Turn Back
Special Technique Forward	Breaking Step Side Kick Axe Kick Front Push	Breaking Side Kick Axe Kick Hammer Fist	Breaking Step Axe Turn Back	Breaking Turn Back Kick Palm Heel Step Turn Back Skipping Side	Breaking Palm Heel Skipping Side Step Turn Back Skipping Hook Round Kick	Breaking Front Kick Round Kick Forearm Back Elbow Drop Elbow	Breaking Forearm Back Elbow Drop Elbow Spinning Snap Butterfly Round	Breaking Front Kick Skipping Front Spinning Snap Butterfly Round Sliding Side Sliding Turn Back
Breaking Step Side Kick Axe Kick		Tying your belt!	Sparring Light contact 3-step	Sparring Light contact 3-step	Sparring Light Contact 3-step	Sparring Light contact 3-step	Sparring Light Contact	Sparring Light Contact
Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary On Curriculum
Character Development Honesty	Character Development Courtesy	Character Development Self Control	Character Development Selflessness	Character Development Selflessness	Character Development Responsibility	Character Development Responsibility	Character Development Respect	Character Development Respect



Red	High Red	Bo-Dan	1st Dan	2nd Dan	3rd Dan
Kicks Jump Front Jump 45° round Jump Back Jump Turn Back Jump Hook	Kicks Leap Spinning Hook Leap Spinning Snap Leap Spinning Crescent Leap 360° Turn Back Leap Side Leap Hook	Kicks Review All Kicks	Kicks Jump Spinning Hook Jump Spinning Snap Jump Spinning Crescent Jump Spinning Axe	Kicks	Kicks
Poomse Kibon/Palgwe B Balchagi 1-5 Taeguk 1-7	Poomse Kibon/Palgwe B Balchagi 1-5 Taeguk 1-8	Poomse Kibon/Palgwe B Balchagi 1-6 Taeguk 1-8 Koryo	Poomse Kibon/Palgwe B Balchagi 1-7 Taeguk 1-8 Koryo Keumgong	Poomse Kibon/Palgwe B Balchagi 1-8 Taeguk 1-8 Koryo Keumgong Taebeck	Poomse Kibon/Palgwe B Balchagi 1-8 Taeguk 1-8 Koryo Keumgong Taebeck Pyongwan
1 Step Sparring: 1 thru 15		1 Step Sparring: Review All Techniques			
Self Defense 1 thru 15	Blocks Double Scissor Lower Mountain Tiger Block	Self Defense Review All Techniques	Blocks Keumgang Upper Mountain		
Special Technique Ground/Air		Special Technique Ground/Air/Weapons	1-Step Sparring 1-3 techniques w/ application		
Breaking (multiple breaks) Double Front Sliding Turn Back Jump Back	Strikes Front Knee Inside Knee Round Knee Jumping Knee	Breaking (Three breaks) (1-2 bds each) 1 - Hand 2 - Foot 3 - Your choice 3 - Your choice	Self Defense 1-3 techniques w/ application		
Judge Training Poomse Sparring	Breaking (multiple breaks) Jump 90° round Jump Spinning Snap Jump Turn Back	Thesis	Special Technique Poomse and Theory		
Teaching see instructors		Referee Training	Breaking Leap Spinning Snap Leap Spinning Back Leaping Side		
Sparring Full Contact	Sparring Full Contact	Sparring Full Contact	Sparring Full Contact		
Vocabulary On Curriculum	Vocabulary On Curriculum	Vocabulary All	Teaching see instructors		
Character Development Integrity	Teaching see instructors	Character Development Perserverence	Referee Training Judge Training		