

# Turtle Belt Curriculum

TO *Yellow Stripe*

## Positions:

Cha Ryut (attention)

Kyung Yae (3 second bow)

## Kicks:

Straight leg kick

Snap kick

## Blocks:

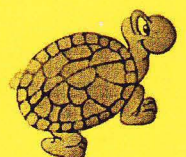
High block

## Focus:

Level 1.5

## Balance:

5-second knee raise



# Turtle Belt Curriculum

## to Orange Stripe

### Kicks:

In-to Out kick

Out-to-In kick

### Blocks:

Press block

### Focus:

Level 2

### Stances:

Horse stance

### Balance:

10-second knee raise

3 count snap/front kick



# TURTLE BELT CURRICULUM

## TO Green Stripe

### Kicks:

Front kick

### Blocks:

Low block

### Focus:

Level 3

### Stances:

Front stance

### Balance:

15-second knee raise

4 count front kick

