



Stay up to date on our calendar!
Band App: Lee's Black Belt Academy

	Little Dragons	Beginner White-Orange	Intermediate Green-Purple	Advanced Brown-Black Tip
Weeks 1-2 Stripe 1	Korean Terminology Chariot= Stand at attention Choonbi= Ready Stance Kyungne= Bow	Korean Terminology Chariot= Stand at attention Choonbi= Ready Stance Kyungne= Bow 1-10 in Korean	How to tie your belt	Explaining the Three T's: Talk Tell Taekwondo Plus Beg & Int curriculum
Weeks 3-6 Stripe 2	Jab, Cross Cover, Cover, Weave, Weave	Jab, Cross Hook Uppercut Covers, Weaves and Slips	Demonstrate Beg, Curriculum with Clinch Knee Strikes and Leg Kicks	Demonstrate Beg, Int Curriculum with Splitting the Jab and Cross
Weeks 7-10 Stripe 4	Blocking Set Number #1 Down Block (L,R), Up Block (L,R), Middle Punch (L,R) Kihap!	Blocking Set Number #1 Down Block (L,R), Up Block (L,R), Middle Punch (L,R) Kihap	Checking the Hook into Simple Sweep.	Buck and Roll
Weeks 1-10 Stripe 4	First 4 moves of Chun Ji	Chun Ji	Taeguek 3	Taeguek 7