

### Rotation 3

#### Patterns

|                                 |  |
|---------------------------------|--|
| White belt                      | 1 <sup>st</sup> 8 moves of Do-San                                    |
| Orange belt                     | 1 <sup>st</sup> 16 moves of Do-San                                   |
| Yellow belt                     | Do-San full pattern  |
| Green belt                      | 1 <sup>st</sup> 12 moves of Joong-Gun                                |
| Senior Green belt               | 1 <sup>st</sup> 20 moves of Joong-Gun                                |
| Purple belt                     | Joong-Gun full pattern   |
| Blue belt                       | 1 <sup>st</sup> 9 moves of Choong-Moo                                |
| Brown belt                      | 1 <sup>st</sup> 20 moves of Choong-Moo                               |
| Red belt                        | Choong-Moo full pattern  |
| Senior Red belt                 | 1 <sup>st</sup> 16 moves or Horangee 2                               |
| Recommended black belt phase I  | Horangee 2 full pattern  |
| Recommended black belt phase II | Do-San<br>Joong-Gun<br>Choong-Moo<br>Horangee 2                      |
| 1 <sup>st</sup> Degree          | Do-San<br>Joong-Gun<br>Choong-Moo<br>Horangee 2<br>Gae-Baek          |
| 2 <sup>nd</sup> Degree          | All 1 <sup>st</sup> Degree patterns<br>Juche                         |
| 3 <sup>rd</sup> Degree          | All 1 <sup>st</sup> and 2 <sup>nd</sup> Degree patterns<br>Choi-Yong |

#### Self Defense

|  |  |
|--|--|
| Beginner                                 | Arm around shoulder #1<br>Arm around shoulder #2<br>Arm around shoulder #3         |
| Intermediate                             | Chicken wing defense #1<br>Chicken wing defense #2<br>Chicken wing defense #3      |
| Advanced                                 | 2 hand choke defense<br>Single arm choke defense #1<br>Single arm choke defense #2 |
| Recommended black belts, and black belts | Know all of the above  |

## Sparring combinations

|  |  |
|--|--|
| Beginner                                 | Beginner sparring combo #1<br>Beginner sparring combo #2<br>Beginner sparring combo #3             |
| Intermediate                             | Intermediate sparring combo #1<br>Intermediate sparring combo #2<br>Intermediate sparring combo #3 |
| Advanced                                 | Advanced sparring combo #1<br>Advanced sparring combo #2<br>Advanced sparring combo #3             |
| Recommended black belts, and black belts | Know all of the above  |

## Clinch

|  |   |
|--|---|
| Beginner                                 | Break fall<br>Sprawl<br>Float around<br>Osotogari                               |
| Intermediate                             | Leg kicks<br>Check leg kick<br>Counter leg kick<br>Clinch<br>Body fold takedown |
| Advanced                                 | Osotogari<br>Reverse osotogari<br>Arm drag takedown                             |
| Recommended black belts, and black belts | Know all of the above   |

## Jiu-jitsu

|  |  |
|--|--|
| Beginner                                 | Shrimp<br>Mount<br>Guard<br>High swim<br>Pendulum sweep<br>Neck hug trap and roll<br>Kneeling guard pass   |
| Intermediate                             | Shrimp<br>Mount<br>Guard<br>Standing guillotine choke<br>Guillotine choke from guard<br>Standing guillotine choke defense<br>Guillotine choke from guard defense |
| Advanced                                 | Armbar from S mount<br>Side headlock escape #1<br>Side headlock escape #2<br>Side headlock escape #3<br>Side control to mount – 2 ways                           |
| Recommended black belts, and black belts | Know all of the above  |

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