

Level 1 Curriculum Checklist

Form / Kata

Martial Arts Technique

_____ **Chon-Ji**

_____ **L1 Self Defense**

19 movements

Means literally "the Heaven the Earth".

It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial Tul (Form) performed by the beginner. This Tul (Form) consists of two similar parts; one to represent the Heaven and the other the Earth.

_____ **Tan-Gun**

_____ **Kicking Set**

20 movements

Named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

_____ **To-San**

_____ **Nunchaku**

24 movements

The pseudonym of the patriot Ahn Chang-Ho (1876-1938).

The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

_____ **Won-Hyo**

_____ **3 Step Sparring**

28 movements

The noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.