

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

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10th Gub CHILDREN (Age 5-8) – White to High White

Warm-up: Neck exercise
Bend Knees
Twist Knees
Down and Back
Trunk Twists
Left Leg Out
Right Leg Out
Push-ups (8-10)
Sit-ups (8-10)

Stances: Attention
Resting
Hands in front of chest
Ready
Return-to-Ready.

Jump Rope: Regular Jumps (5-10 times).

Basic Techniques: Punch with Step (left and right sides)
Stretch Kick to the Front (left and right sides)
Stretch Kick to the Front followed by Punch (left and right sides)
Snap Kick (left and right sides)
Snap Kick followed by Punch (left and right sides)
Stretch Kick to the Side (left and right sides)
Stretch Kick to the Side followed by Punch (left and right sides)
Side Thrust Kick (left and right sides)
Side Thrust Kick followed by Punch (left and right sides)

Poomse: Children's Lesson 1 + Children's Lesson 2

Character: Listening and Following Instruction
Focus (eyes straight ahead)
Courtesy and Kindness

Recommended number classes = 10 - 26 classes

Terminology:

Attention – Cha-Ryut
Bow – Kyong-Nyet
Return to Order – Ba-Ro

At Ease – Shi-Yo
Ready Position – Choon-Be

1 – Hana
2 – Dul
3 – Set
4 – Net