

# United Tae Kwon Do

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## 10<sup>th</sup> Gub – White to High White

**Stances:** Resting, Attention, Ready, Guarding (fighting), Walking, Forward, Horseback Riding, and Back Stance.

**Foot Techniques:** Front & Side Stretch Kick, Front Snap Kick, Side Thrust Kick, Round (Roundhouse) Kick.

**Hand Techniques:** Reverse Punch, Low Section Outer Forearm Block, High Section Outer Forearm Block, Knifehand Block, Jab Punch.

**Poomse:** Lesson I, First Half of Lesson II.

**Free-Sparring:** 20 Kicks (absolutely no contact).

### **One Step Sparring: A Group (1 through 3)**

All One-Step Sparring assumes a right reverse punch attack to the facial area. Practice both Left and right sides during each session.

Attack: Step back with right leg into a left Forward Stance with a Low Section Block.

A-1: Step forward into right forward stance while executing left in-to-out knife hand block and right high section punch.

A-2: Step forward with left foot into right back stance while executing left side punch to solar plexus; change to left forward stance by shifting hips and feet while executing simultaneous in-to-out left knife hand block and right high section punch. \*In order to be effective, these movements must be performed with great speed.

A-3: Step diagonally to right side of opponent with right foot and execute a left front snap kick.

### **Minimum no. classes = 10 classes (26 recommended)**

#### **Terminology:**

Attention – Cha-Ryut

Bow – Kyong-Nyet

Ready Position – Choon-Be

Return to Order – Ba-Ro

At Ease – Shi-Yo

GrandMaster – Kwan-Jang-Nim

Instructor – Sah-Ba-Nim

1 – Hana

2 – Dul

3 – Set

4 – Net

5 – Dasut

6 - Yasut

7 - Ilgop

8 - Yudul

9 - Ahhop

10 - Yul