

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



1st Dan to 2nd Dan Black Belt

Stances: Review All Belts

Foot Techniques: Review All Belts

Hand Techniques: Review All Belts

Poomse: Lesson I and II, Il Jang, Ee Jang, Sam Jang, Sah Jang, Oh Jang, Yuk Jang, Chil Jang, Tae Guek Pahl Jang (Review all), **and Koryo.**

Free-Sparring: Free-Sparring (WTF Rules/All Protective Gear Must be Worn). **Kneeling Sparring.**

One-Step Sparring: All One-Steps and Three-Steps (review).

Advanced One Steps (6 through 11):

- #6. Step with right foot, grab with right hand then apply pressure with your left hand to opponent's right elbow (locking their elbow). Step with left foot while putting opponent's right elbow over your left shoulder. Next, pull opponent into your right ridge hand attack followed by a quick right roundhouse kick to solar plexus.
- #7. Take left step while grabbing opponent's right hand with both hands. Twist opponent's arm while stepping underneath arm (keeping it locked). Follow with quick right roundhouse kick to solar plexus.
- #8. Right step to opponent's right side. Place left foot on the back of opponent's right knee. Grab opponent's right hand with your left hand. Apply pressure to the back of the knee while twisting the arm behind opponent. Follow-up with right punch, right roundhouse kick
- #9. Right step to right side while executing right knife hand block to outside of opponent's punch. Place left foot to back of right knee, grab right hand with your right hand and opponent's left shoulder with your left hand, twist counter clockwise (taking them down) then follow-up with left roundhouse kick and two punches.
- #10. Short left step (adjustment step) followed by right step while executing right knife hand block to opponent's punch and knife hand attack to neck area. Grab right wrist with your left hand and left shoulder with your right hand. Place your right foot on back of opponent's left knee, twist clockwise while applying pressure to back of knee (taking them down). Follow-up with left roundhouse kick and two punches.
- #11. Step with right while executing right knife hand block to opponent's punch. Grab opponent's hand while sliding block along their arm turning the block into a knife hand strike to the neck. Follow-up with right ridge hand to opponent's left temple area, left round house kick to face.

Board Breaking: Four Station Break & **Power Break**

Other Requirements:

- **100 classes in 50 weeks (2 classes per week consistent training for 12 months before Test)**
- **Extended Martial Arts Demonstration (grab/hand-to-hand defense, poom-se, knife defense, falls/rolls/flips, bo-staff techniques, strength/focus training, etc.)**
- **Teach a minimum of 1 class per month, scheduled in advance with School Manager.**
- **Sit on the panel for All Gub Tests & attend all Black Belt meetings**
- **7-page paper on a Taekwondo related topic of special interest to the student. Double spaced.**