

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

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2nd Gub – Red to High Red

Stances: Resting, Attention, Ready, Guarding (fighting), Walking, Forward, Horseback Riding, Back, Open (free-sparring), Closed (free-sparring), Crossing (X Stance), Tiger, Eleven, and **Extended Back Stance (Fixed Stance)**.

Foot Techniques: **Flying Side Thrust Kick then Back Kick (other side).**

Hand Techniques: **Palm Heel Block (mid-section), Wedge Block, Crossing (X) Block, Scissors Block.**

Poomse: Lesson I and II, Il Jang, Ee Jang, Sam Jang, Sah Jang, Oh Jang, Yuk Jang, **Tae Geuk Chil Jang**

Free-Sparring: Introduction to Kneeling Sparring.

***Review all One-Steps (A group 1-10, A1 group 1-10, B group 1-5), and Three-Steps (1-10)**

One-Step Sparring: B group (6 through 9)

B-6: (Part I) Left step forward with left knife hand block. Grasp Attacker's wrist with left hand; Pull sharply toward you while executing right palm heel strike to face or temple.

B-6: (Part II) Right step forward while grasping outside of attacker's wrist; pull sharply down and toward you while executing left palm heel strike to face or temple.

B-7: Left step to side to avoid punch. Right step (making sure to step directly behind Opponent's front foot with ankle firmly behind opponent's right ankle), with simultaneous right Elbow strike to attacker's mid-section (solar plexus). Sweep opponent's leg out while Simultaneously moving their shoulders counter clockwise (your left hand should be behind Their right shoulder while your right hand is in front of their left shoulder – "push/pull").

B-8: Dodge punch by taking a quick adjustment step to the left with the left leg, then step diagonally behind attacker with right leg while executing a right ridge hand strike to their left side (mid-section). Grab opponent's side with right hand (grabbing belt). Bend knees (getting below their center of gravity) then "hip jog" to throw opponent up into the air and to the ground (using your arms while they are in the air to control the landing).

B-9: From a distance, run at opponent; step up onto opponent's left shoulder with your right Leg while blocking punch with a left knife hand block. Pull up on opponent's arm while Pushing down with your foot and execute a punch down to opponent's head.

Minimum no. classes = 52 classes (72 recommended)