

United Tae Kwon Do

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3rd Gub – High Blue to Red

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

Foot Techniques: **Double Flying Side Thrust Kick (same leg).**

Hand Techniques: **Palm Heel Block (low section)**

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

Free-Sparring: Improve timing and counter-attacks. (Wear protective gear at all times during free-sparring – WTF rules).

***Review all One-Steps (A group 1-10, A1 group 1-10, B group 1-5), and Three-Steps (1-6)**

Three-Step Sparring: Three-Steps (7 through 10)

#7: “A” Block – 3rd step back is a ½ step back, then right step forward with knife hand block and right mid-section upset punch. Move in quickly, “receive the body” (beat their punch).

#8: “A” block – 3rd step back is a ½ step back, then right step forward with knife hand block and right high section elbow strike. Move in quickly, “receive the body” (beat their punch).

#9: “A” Block – Right step back, left high or mid-section side thrust kick. Move in quickly, “receive the body” (beat their punch).

#10: “C” Block – Step with right foot (crossing over the left) to left side to avoid punch. Move left foot into horseback riding stance at attacker’s side. Simultaneously, block With open hand to attacker’s right shoulder while executing a right punch to the temple (punching hand will be on top crossed over the blocking hand).

Minimum no. classes = 52 classes (72 recommended)