

# United Tae Kwon Do

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## 4<sup>th</sup> Gub – Blue to High Blue

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

**Foot Techniques:** **Run-Jump-Spin Hook Kick**

**Hand Techniques:** **Reverse Knife Hand, U-Shape Punch, Hammer Fist**

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

**Free-Sparring:** Two on one free sparring (introduction). No contact.

**\* Review all One-Steps (A group 1-10, A1 group 1-10), and Three-Steps (1-3)**

### **Three-Step Sparring: Three Steps (4 through 6)**

#4: “A” Block – 3<sup>rd</sup> step back, step away from punch and execute right front snap kick.

#5: “B” Block – 3<sup>rd</sup> step back is a ½ step back then left step forward at 45 degrees with left mid-section elbow strike to opponent’s solar plexus. Spin clockwise, look, execute right mid-section elbow strike to same area.

#6: “C” Block – Left step back with right outside knife hand block, grab wrist and pull while executing punch.

### **One-Step Sparring: B Group (1 through 5)**

B-1: Step forward into right forward stance, executing left in-to-out knife hand block, and Counter attacking with simultaneous right knife hand strike to the throat.

B-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 in-to-out left Knife hand block and simultaneous right knife hand strike to throat. (In order to be effective, These movements must be performed with great speed).

B-3: Step diagonally to right side of opponent (left foot crossing behind the right foot) and Execute a right mid and high round kick.

B-4: Execute in-to-out left leg crescent block (with foot), followed immediately by a right round Kick to opponent’s head. Keep other hand chambered (as if ready to punch).

B-5: Take left step diagonally across attacker’s body, thereby avoiding punch; execute left knife Hand strike to opponent’s throat (their left side) then spin with right reverse knife hand strike to Opponent’s other side mid-section (their right side), immediately follow with left knife hand Strike back to opponent’s left side throat area.

**Minimum no. classes = 52 classes (72 recommended)**