

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



8th Gub – Yellow to High Yellow

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

Foot Techniques: Hook Kick, Back Kick, Crescent Kick, Hopping Roundhouse Kick, Flying Side Thrust Kick, Double Kicks.

Hand Techniques: Twin Knifehand Block, Ridge Hand Attack, Upset Punch, Mid-section Outer Forearm Block.

Poomse: Lesson I and II, Tae Geuk Il Jang

Free-Sparring: (Light contact), Basic movement, drills, foot work, attacks, counter attacks.

One-Step Sparring: A Group (1 through 6), A Group (7 through 10)

A-7: Right step forward into short right forward stance, executing in-to-out left knife hand With right upset punch to solar plexus.

A-8: Step into right forward stance while executing left in-to-out knife hand block with Right out-to-in elbow strike to face or temple.

A-9: Avoid punch by stepping to outside (with right foot) then execute a left side thrust Kick.

A-10: Step quickly to the left, crossing right foot over left; continue motion by stepping with Left foot into horseback stance while pushing attacker's upper arm (shoulder area) with left Hand and simultaneously executing a right punch to temple (right hand ends up crossed over And above the left).

A Group (Number 1 through 10) – Responsible for entire A Group.

Minimum no. classes = 26 classes (36 recommended)

Terminology:

Begin – Shi-Jak

Finished – Ea-Sahng

Basic Technique – Ki-Cho

Meditation – Mu-Yum

Thank You – Kham Sah Hom Ni Da

Training Hall – Do Jang

Belt – Dee

Yell – Ki Hap

Flag- Gu-Ki

Uniform – Do Bok

Stop – Gu Mahn

Turn Around – Dwe Ro Tora

Stand up – Ee Ro So