

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



9th Gub – High White to Yellow

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

Foot Techniques: Front & Side Stretch Kick, Front Snap Kick, Side Thrust Kick, Round (Roundhouse) Kick, **Ax Kick, Hopping Front Snap Kick, Hopping Side Thrust Kick.**

Hand Techniques: Reverse Punch, Low Section Outer Forearm Block, High Section Outer Forearm Block, Knifehand Block, Jab Punch, **Knife Hand Strike**

Poomse: Lesson I, Lesson II (First and **Second Half**)

Free-Sparring: 20 Kicks (no contact).

One Step Sparring: A Group (4 through 6)

All One-Step Sparring assumes a right reverse punch attack to the facial area. Practice both Left and right sides during each session.

Attack: Step back with right leg into a left Forward Stance with a Low Section Block.

A-4: Execute in-to-out left knife hand block, with simultaneous right front snap kick to Opponent's head. Keep right hand chambered (as if ready to punch).

A-5: Take left step diagonally across attacker's body, thereby avoiding punch; execute left Out-to-in elbow strike to sternum or solar plexus; pivot body 180 (twisting legs, right heel Off the floor) into right elbow strike to same area.

A-6A: Left step forward with left knife hand block. Grasp attacker's wrist with left hand; Pull sharply toward you while executing right punch to face.

A-6B: Right step forward with Right knife hand block. Grasp outside of attacker's wrist; pull sharply down and toward you while executing left punch to face or temple.

Minimum no. classes = 26 classes (36 recommended)

Terminology:

Student – Je-Ja

Grade - Kub

Student Instructor – Kyo Sar Nim

American Flag – Song Jo Ki

Degree – Dan

Korean Flag – Tae Geuk Ki