

United Tae Kwon Do

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1st Gub – High Red to BoDan

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

Foot Techniques: Multiple Kicks (with leg up, kicking in different directions, using Various types of kicks). Improve balance and leg strength.

Hand Techniques: Twin Outer-Forearm Guarding Block (low section)

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

Free- Sparring: Practice Kneeling Sparring, and Two on One Free-Sparring.

One-Step Sparring: *Review all One-Steps (A group 1-10, A1 group 1-10, B group 1-9, and Three-Steps 1-10). **B1 group (1 through 5)**

B1-1: Step forward into right forward stance, executing left in-to-out knife hand block, Simultaneously counter-attacking with a right high section punch. Draw right foot back Then step into the right forward stance while executing left in-to-out knife hand block, And simultaneous right out-to-in knife hand strike to the neck.

B1-2: 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 Simultaneous in-to-out left knife hand block and right high section punch. Draw left foot Back to adjust 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 Block and simultaneous out-to-in right knife hand strike to neck.

B1-3: Step diagonally to right side of opponent with right foot and execute a left front Snap kick. Step behind right foot and immediately execute a right mid and high round kick

B1-4: Execute in-to-out left knife hand block, with simultaneous right front snap kick to Opponent's head. Keep other hand chambered. Execute in-to-out left leg crescent block (with foot), followed immediately by a right round kick to opponent's head.

B1-5: 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 degrees into right Elbow strike to same area. Execute left in-to-out knife hand strike to opponent's neck (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 in-to-out knife hand strike back to opponent's left side neck area.

Minimum no. classes = 52 classes (72 recommended)