

# United Tae Kwon Do

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## 2<sup>nd</sup> Gub CHILDREN (Age 5-8) – Red to High Red

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

**Foot Techniques:** Flying Side Thrust Kick then Back Kick (other side).

**Hand Techniques:** Palm Heel Block (mid-section), Wedge Block, Crossing (X) Block, Scissors Block.

**Poomse:** Children's Lessons 1,2,3, Il Jang, Ee Jang, Sam Jang, Sah Jang, **Tae Geuk Oh Jang**

**Jump Rope:** 125 Jumps in 1 Minute

**Free-Sparring:** Improve timing and counter-attacks. (Protective gear at all times)

### **Three-Step Sparring: 1 Through 10**

Three types of blocking sequences are executed in the Three-Step Sparring. They are:

"A" Sequence = Right step back with left inside knife hand block; left step back with right inside knife hand block;

"B" Sequence = Left step back with right outer forearm block; right step back with outer forearm block;

"C" Sequence = Left step back with right outside knife hand block; right step back with left outside knife hand block.

#1: "A" Block – Right high section punch at the same time as the last block.

#2: "B" Block – 3<sup>rd</sup> step back is a ½ step back with left hand grabbing partner's incoming wrist, then right side step with left elbow strike to opponent's ribs (under their right arm).

#3: "C" Block – 3<sup>rd</sup> step back is a ½ step back with right outside knife hand block, then grab their wrist with your right hand, twisting in and pulling toward your belt. Take left step forward at 45 degrees, crossing over in front of your opponent's legs. Place your left wrist (side) on their elbow and press down.

#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.

#7: "A" Block – 3<sup>rd</sup> 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 – 3<sup>rd</sup> 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)**