

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



3rd Gub CHILDREN (Age 5-8) – High Blue to Red

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

Foot Techniques: **Double Flying Side Thrust Kick (same leg).**

Hand Techniques: **Palm Heel Block (low section)**

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

Jump Rope: **100 Jumps in 1 Minute**

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

One-Step Sparring: **A1 Group (1 through 10)**

A1-1: Step forward into right forward stance, executing left in-to-out knife hand block, and simultaneously counter-attacking with right high section punch, **add Jump Front Snap Kick.**

A1-2: 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 (in order to be effective, these Movements must be performed with great speed), **add Right Finger-Tip Attack to Eyes.**

A1-3: Step Diagonally to right side of opponent with right foot and execute a left front snap Kick, **add Left Jump Front Snap Kick.**

A1-4: Execute in-to-out left knife hand block, with simultaneous right front snap kick to Opponent's head, **add Right High Section Punch.**

A1-5: Take left step diagonally across attacker's body, thereby avoiding punch; execute Left out-to-in elbow strike to sternum or solar lexis; pivot body 180 (twisting legs, right heel off The floor) into right elbow strike to same area, **add Backward right Jumping Back Kick or Side Thrust Kick.**

A1-6a: 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, **add left side thrust Kick to ribs/underarm, while continuing to grasp attacker's wrist.**

A1-6b: 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, **Add right front round kick to solar plexus, while continuing to grasp attacker's Wrist.**

A1-7: Right step forward into short right forward stance, executing in-to-out left Knife hand block; simultaneously counter-attack with right upset punch to solar plexus, **Add short, right punch to face or chin (underneath).**

A1-8: Step into right forward stance while executing left in-to-out knife hand block; Simultaneously counter-attack with right out-to-in elbow strike to face, **bring right Elbow back for in-to-out elbow strike to face or temple.**

A1-9: Avoid punch by stepping to outside (with right foot) then execute a left side thrust Kick, **add jumping side thrust kick.**

A1-10: 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), **add quick one-two punches to ribs, followed by right Front round kick to solar plexus.**

Minimum no. classes = 52 classes (72 recommended)