

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

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4th Gub CHILDREN (Age 5-8) – Blue to High Blue

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

Foot Techniques: **Run-Jump-Spin Hook Kick**

Hand Techniques: **Reverse Knife Hand, U-Shape Punch, Hammer Fist**

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

Jump Rope: **75 Jumps in 1 Minute**

Free-Sparring: **Avoidance and Counter-Attacks with Light Contact (Wear protective gear at all times during free-sparring)**

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 = 52 classes (72 recommended)