

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



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

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

Foot Techniques: Run-Jump-Spin Back Kick

Hand Techniques: Twin Fist Punch,
Twin Upset Punch,
Twin Back Fist

Poomse: Children's Lessons 1, 2, & 3, Il Jang,
Tae Geuk Ee Jang (Whole)

Jump Rope: 50 Jumps in 1 Minute

Free-Sparring: Improve strategies and footwork.

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)