

# United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



## 5<sup>th</sup> Gub – 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:** Lesson I and II, Il Jang, Ee Jang, Sam Jang, **Tae Geuk Sah Jang**

**Free-Sparring:** Improve strategies and footwork. (Wear protective gear at all times During free-sparring).

**One-Step Sparring:** Practice A group (1 through 10), A1 group (1 through 10)

**Three-Step Sparring:** 1 Through 3

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 left 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.

**Minimum no. classes = 26 classes (36 recommended)**