

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

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6th Gub CHILDREN (Age 5-8) – Green to High Green

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

Foot Techniques: Angle Kick,
Naughtabon (spin round kick in air),
Knee Strike, Crescent
Block (with foot).

Hand Techniques: Finger-Tip Attack (Spear finger) Low, Mid, and High Section.
Elbow Strike,
Vertical Punch,
Inner-Forearm Block.

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

Jump Rope: 40 Jumps in 1 Minute

Free-Sparring: Improve strategies and footwork.

One Step Sparring: A Group (1 through 3)

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-1: Step forward into right forward stance while executing left in-to-out knife hand block and right high section punch.

A-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.

A-3: Step diagonally to right side of opponent with right foot and execute a left front snap kick.

Minimum no. classes = 26 classes (36 recommended)