

United Tae Kwon Do

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6th Gub – 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: Lesson I and II, Il Jang, Ee Jang, **Tae Geuk Sam Jang**

Free-Sparring: Improve strategies and footwork.

One-Step Sparring: A Group (1 through 10), A1 Group (1 through 5),
A1 Group (6 through 10)

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 = 26 classes (36 recommended)