

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

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7th Gub CHILDREN (Age 5-8) – High Yellow to Green

Stances: Resting,
Attention,
Ready,
Guarding (fighting),
Walking,
Forward,
Horseback Riding, and
Back Stance.

Foot Techniques: Stomp Kick,
Spin Hook Kick,
Spin Back Kick,
Drop Kick,
Fast Kick.

Hand Techniques: Palm Heel Strike,
Arc Hand Attack,
Back Fist.

Poomse: Children's Lesson 1,
Children's Lesson 2,
Children's Lesson 3, and
Tae Geuk Il Jang (Whote)

Jump Rope: 30 Jumps in 1 Minute

Free-Sparring: Basic movement,
drills,
foot work,
tag game.

Minimum no. classes = 26 classes (36 recommended)

Five Tenets of Taekwondo:

Courtesy

Integrity

Self-Control

Perseverance

Indomitable Spirit