

# United Tae Kwon Do

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

**Free-Sparring:** (Light contact), Basic movement, drills, foot work, attacks, counter attacks.

### **One-Step Sparring:**

A Group (1 through 10)

**A1 Group (1 through 5)**

A1-1: Step forward into right forward stance, executing left in-to-out knife hand block, and Simultaneously counter-attacking with right high section punch, **add Jump Front Snap Kick.**

A1-2: 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), **add Right Finger-Tip Attack to Eyes.**

A1-3: Step Diagonally to right side of opponent with right foot and execute a left front snap Kick, **add Left Jump Front Snap Kick.**

A1-4: Execute in-to-out left knife hand block, with simultaneous right front snap kick to Opponent's head, **add Right High Section Punch.**

A1-5: Take left step diagonally across attacker's body, thereby avoiding punch; execute Left out-to-in elbow strike to sternum or solar lexus; pivot body 180 (twisting legs, right heel off The floor) into right elbow strike to same area, **add Backward right Jumping Back Kick or Side Thrust Kick.**

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

### **Five Tenents of Taekwondo:**

Courtesy

Integrity

Self-Control

Perseverance

Indomitable Spirit