

# United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

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## 8<sup>th</sup> Gub CHILDREN (Age 5-8) – Yellow to High Yellow

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

**Foot Techniques:** Hook Kick,  
Back Kick,  
Crescent Kick,  
Hopping Roundhouse Kick,  
Flying Side Thrust Kick,  
Double Kicks.

**Hand Techniques:** Twin Knifehand Block,  
Ridge Hand Attack,  
Upset Punch, Mid-section  
Outer Forearm Block.

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

**Jump Rope:** 20+ Jumps in 1 Minute, using own jump rope

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

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

### **Terminology:**

Begin – Shi-Jak

Finished – Ea-Sahng

Basic Technique – Ki-Cho

Meditation – Mu-Yum

Thank You – Kham Sah Hom Ni Da

Training Hall – Do Jang

Belt – Dee

Yell – Ki Hap

Flag- Gu-Ki

Uniform – Do Bok

Stop – Gu Mahn

Turn Around – Dwe Ro Tora

Stand up – Ee Ro So