

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



9th Gub CHILDREN (Age 5-8) – High White to Yellow

Warm-up:

Neck exercise
Bend Knees
Twist Knees
Down and Back
Trunk Twists
Left Leg Out
Right Leg Out
Push-ups (10-12)
Sit-ups (10-12)

Stances:

Attention
Resting
Hands in front of chest
Ready, Return-to-Ready
Left Fighting Stance

Jump Rope:

Regular Jumps (10-20 times)

Basic Techniques:

Punch with Step (left and right sides)
Stretch Kick to the Front (left and right sides)
Stretch Kick to the Front followed by Punch (left and right sides)
Snap Kick (left and right sides)
Snap Kick followed by Punch (left and right sides)
Stretch Kick to the Side (left and right sides)
Stretch Kick to the Side followed by Punch (left and right sides)
Side Thrust Kick (left and right sides)
Side Thrust Kick followed by Punch (left and right sides)
Low section block (left and right sides)
Low section block followed by opposite punch (left and right sides)
Left, Right punch followed by Right, Left Snap Kick (left fighting stance)

Poomse:

Children's Lesson 1 & 2, **Children's Lesson 3**, and **Intro to Tae-Geuk Il Jang**

Character:

Listening and Following Instruction, Focus (eyes straight ahead)
Courtesy and Kindness, **Giving maximum effort**

Terminology:

5 – Dasut
6 – Yasut

7 – Ipgop
8 – Yudul

9 - Ahhop
10 - Yul

Hello – Ahn Nyung Ha Se Yo
Goodbye – Ahn Nyung He Ka Se Yo

Recommended number classes = 26 classes