



UMS Tae Kwon Do

Blue go to Super Blue belt

1. MEMORIZATION : Kicking – Bal cha ki

* Adult's Code : In Nae Sim – Be patience

* Children's Home Rule #1, 2, 3, 4, 5, 6, :

* Children's Home Rule #7:

Tae Kwon Do Students must keep their body clean every day, Sir.

2. Technique :

Skip kicking, Hook kick, Advance Sparring Skills

* **Form – Tae Kuek sa jang** ½ ,

* **One step sparring:**

Defender:

#1 – skip back kicking stance and step up (R-Leg) with in block (R-H) and back kick (L), skip round house kick(L)

#2 – Skip back kicking stance and in side crescent kick to block opponent hand (R-Leg), and back kick (L), and skip hook kick(L)

* **Kicking Tech:**

#1 – Round house kick ®, and switch leg skip hook kick (L)

#2 – 2 round house kick (R,L) and back hook kick ®

* **Breaking Tech : Straight Punch**

3. Strength Test : Children : Push up 30 times, Sit up 30 times
Adults & Teens : Push up 35 times, Sit up 35 times

4. Sparring : Free sparring