



# UMS Tae Kwon Do

## Orange go to Green belt

1. **MEMORIZATION** : Bow to the Master – Sa Bum nim ke Kyoung Rea

\* Adult's Code : Indomitable spirit – Baek jool bool gool,

\* Children's Home Rule #1, 2, 3 :

\* Children's Home Rule #4 :

Tae Kwon Do Students will maintain a good relationship with their brothers and sisters, Sir.

2. **TECHNIQUE** : Basic hand tech 3, Out block, In block, Side kick

\* **Form – Ki bon Set,**

\* **One step sparring:**

Attacker : Step back Right Leg with long stance and after defender shouting – Step up right leg long stance with middle punch

Defender:

#1 – Step up long stance (R-leg) with Neck chop (R-H) with Out block (L-H), and Step back to next left leg and out side neck chop to opponent neck (R-H)

#2 – Step up long stance (L), out block (R-H), and round house kick (R –leg)

\* **Kicking Tech:**

#1 – Ax kick®, switch round house kick(L) and ax kick®

#2 – Ax kick®, side kick(L), switch side kick(L)

\* **Breaking Tech : Side Kick**

3. Strength Test : Children : Push up 20 times, Sit up 20 times  
Adults & Teens : Push up 30 times, Sit up 30 times

4. Sparring : Free sparring