



# UMS Tae Kwon Do

## Purple go to Blue belt

1. **MEMORIZATION** : Uniform – Do Bok, Martial Arts Studio – Do Jang,

\* Adult's Code : Pyoung Sang Sim – Always peaceful mind

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

\* Children's Home Rule #6:

Tae Kwon Do Students must keep their own room neat and clean, Sir.

2. **Technique** :

\* **Form – Tae Kuek sam jang all,**

\* **One step sparring:**

Defender:

#1 – step up long stance ®, Out block (L-Hand) with punch to stomach (R.Hand), Elbow attack to opponent chin (L-hand)

#2 – step up long stance ®, Out block (L-H) with punch to stomach (R.H) and lean back with round house kick (R- Leg) and left elbow attack to opponent face and right elbow attack to chin.

\* **Kicking Tech:**

#1 – Ax kick and round house kick ®, and turning round house kick® and back kick (L)

#2 – switch round house kick® and back kick (L), ax kick®

\* **Breaking Tech : Turning Ax kick**

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

4. **Sparring** : Free sparring