



# UMS Tae Kwon Do

## Red go to Super Red belt

### 1. MEMORIZATION : Back Kick – Dui Cha Ki

\* Adult's Code : Jip Joong Ryouk – Focus with mind and body

\* Children's Home Rule #1 - 10 :

\* Students creed ½ :

I will practice in the SPIRIT of Martial Arts, with COURTESY for my fellow students, LOYALTY for my Instructors and our country, and RESPECT for my parents and all people, Sir

### 2. Technique :

Kicking with back step, Palm block, Running jump side kick

\* **Form – Tae Kuek Yook jang ½,**

\* **One step sparring:**

Defender:

#1 – Skip back kicking stance and back hook kick®, round house kick®, Back hook kick(L).

#2 – Skip back kicking stance and back hook kick®, and Back kick® and skip side kick ®.

\* **Kicking Tech:**

#1 – Skip front kick and holding and round house kick(L), Round house kick middle high ®, and back kick(L).

#2 – Hook kick and holding and round house kick®, and back kick(L), and tornado kick(L)

\* **Breaking Tech : Running Jump side kick**

3. Strength Test : Children : Push up 30 times, Sit up 30 times  
Adults : Push up 40 times, Sit up 40 times

4. Sparring : Free sparring