



UMS Tae Kwon Do

Super Blue go to Brown belt

1. MEMORIZATION : Straight Punch – Jung Kwon

- * Adult's Code : Ae Kuk Sim – Respect our Country
- * Children's home rule #1-7
- * Children's home rule # 8:

TKD Students will not interrupt during a conversation they will listen to others and take turns, Sir!!

2. Technique :

Back hook kick, Spear finger, Neck chop

* **Form – Tae Kuek sa jang all ,**

* **One step sparring:**

Attacker : Same as before,
Defender:

#1 – Left leg step back with back stance with palm block(R-H) to opponent punch, and back hook kick(L-Leg), and skip side kick ®

#2 – Left leg step back with back stance with palm block(R-H) to opponent punch and tornado kick®, skip ax kick ®.

* **Kicking Tech:**

#1 – Round house kick®, tornado kick®, back kick(L)

#2 – Round house kick ®, tornado kick®, switch leg, back hook kick(R)

* **Breaking Tech : Back hook kick**

3. Strength Test : Push up 35 times, Sit up 35 times

4. Sparring : Free sparring