



UMS Tae Kwon Do

White go to Yellow belt

1. MEMORIZATION : Master Instructor - Sa bum nim,

- * Adult's Code : Perseverance – Guen ki,
- * Children's Home Rule #1
- * Children's Home Rule #2 : Tae Kwon Do Students show greet their parents when they enter the home talk to them before they leave. Sir,

2. Technique :

- Belt tie method (How to tie belt), How to do promise sparring
- Basic hand tech #2, Kicking combination #2,
Walk stance, Long stance, High block, Round house kick

* **Form – Ki bon ha na,**

* **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 – Kicking stance, Front snap kick(L) and Round house kick ® & Kicking stance

#2 – Kicking stance and Front snap kick ®, and Round house kick (L) and Kicking stance

* **Kicking Tech:**

#1 – Front snap kick (R,L) and skip front snap kick (L)

#2 – Round house kick (R,L) and skip round house kick(L)

* **Breaking Tech : Neck chop**

3. Strength Test : Children : Push up 15 times, Sit up 15 times
Adults & Teen : Push up 25 times, Sit up 25 times

4. Sparring : Promise sparring