



UMS Tae Kwon Do

Yellow go to Orange belt

1. **MEMORIZATION** : Kyoung rea – Bow, Dojang – Martial Arts School

- * Adult's Code : Integrity – Youm chi
- * Children's Home Rule #1,2 :
- * Children's Home Rule #3 : Tae Kwon Do Students must be honest at all times. Sir,

2. **Technique** : Basic hand tech #2,
Back stands, Reverse punch, Ax kick

* **Form – Ki bon Dool,**

* **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 Right Leg with long stance, In block Right hand and middle punch Left hand

#2 – Step up left leg with long stance with right hand out block, middle punch left hand

* **Kicking Tech:**

#1 – Front snap kick ®, switch leg, two round house kick (R,L)

#2 – Front snap kick®, round house kick(L), switch leg and side kick (L)

* **Breaking Tech : Ax Kick**

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

4. **Sparring** : Free sparring