



# UMS Tae Kwon Do

## No Belt go to White belt

### 1. MEMORIZATION : How to Count ten Korean

1 – Ha na, 2 – Dool, 3 – Set, 4 – Net, 5 – Da sut, 6 – Yu sut,  
7 – IL gob, 8 – Yu dol, 9 – Ah hop, 10 – Yol

\* Adult code : Courtesy – Ye eui

\* Children's Home Rule #1 : Tae Kwon Do students must respect their parents and other family members, Sir.

### 2. Technique :

- Taekwondo Courtesy
  - 1- Put shoes in the shoe rack,
  - 2- Find attendance card,
  - 3- Salute to the flags
- How to Taekwondo sitting, Jung choa position (how to sit on knee)
- How to bow the Masters & Instructors & Teacher
- Basic hand tech #1, Kicking combination #1, Basic movement,
- Kicking technique, One step sparring,
- Front snap kick, Ax kick

#### \* 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: Same as attacker

#### \* Kicking Tech:

#1 – 3 times Front snap kick (R,L,R) and kicking stance

#2 – 3 times Round house kick (R,L,R) and kicking stance

#### \* Breaking Tech : **Hammer Fist**

3. Strength Test : Push up 10 times, Sit up 1 times

4. Sparring : Promise sparring (three kicks and three step back)