



UMS Tae Kwon Do

Super Brown go to Red belt

1. MEMORIZATION : Round House Kick – Ap Dolyo Cha Ki

* Adult's Code : Myoung Sang – Meditation

* Children's Home Rule #1, 2, 3, 4, 5, 6, 7, 8, 9 :

* Children's Home Rule # 10 :

Tae Kwon Do Students must show respect for all people, Sir.

2. Technique :

Elbow attack, Tiger mouth, Diamond stance

* **Form – Tae Kuek Ou jang all ,**

* **One step sparring:**

Defender:

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

#2 – Skip back kicking stance and skip up behind opponent and hold both shoulder with both hand, and Knee kick to opponent back ®, skip back and back kick®.

* **Kicking Tech:**

#1 – Side kick middle high ®, and back kick(L), and step up back kick (L).

#2 – Round house kick middle high ®, and back hook kick(L), and step up (L-leg), and back hook kick ®.

* **Breaking Tech : Skip Hook kick**

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

4. Sparring : Free sparring