 ***Kwon’s Taekwondo*** *(Tae gukChil Jang)*



**Kwon’s Taekwondo Advanced Course**

**2nd Geup Bo Dan Belt**

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| Stances | Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance  |
| Blocks | Low block, In block, Out block, High block, One knife hand block, Double knife hand block, Palm block, Scissors block, Double out block |
| Strikes | Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist |
| **Form** | **TAE GEUK CHIL JANG (7)** |
| **Kicking Techniques** | **STEP HOOK KICK or HOOK KICK**  |
| **Board Breaking** | **STEP HOOK KICK or HOOK KICK** |
| Kicking Combinations | 1. Roundhouse kick - step hook kick - roundhouse kick - step hook kick 2. Roundhouse kick - step hook kick - roundhouse kick - hook kick |
| Sparring | Free sparring **(WTF Olympic style with a safety equipment)** |
| **Korean Terms** | **1. What are the five points to remember when doing forms?** 1) One must first chamber for a block before executing it 2) Both hands twist together, One hand twists outwards while at the same time the other hand twists inward. 3) Your hand should move in a straight line towards your target. 4) Each block or punch should be delivered using waist power. 5)Use accurate distance and angle with explosive impact power, Sir!**2. Why is it necessary to practice basics and forms?**- Because they build a necessary solid foundation for achieving good results in all areas of Tae Kwon Do. They develop strength, coordination, agility and the skill with which individual techniques are performed. Performing forms builds confidence and concentration.**3. AHP SO GI** - Walking stance**4. AHP GUP I** - Long stance**5. DWI GUP I** - Back stance**6. JU CHOOM SO GI** - Horseback riding stance**7. BUM SO GI** - Tiger stance**8. BAL CHA GI JUN GI** - Kicking stance |

**Testing for Super Bo Dan Belt**

Student must have 3 for color tips (Yellow, Blue, Red)

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| **Techniques you will be asked to demonstrate*** Basic stances, strikes, blocks
* Kicking Techniques / Kicking combinations
* TAE GEUK CHIL JANG (7)
* Free sparring
* Breaking Board (Step hook kick or hook kick)
* Korean Terms / Physical Fitness (50 Push up, 50 Sit up)
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