 ***Kwon’s Taekwondo*** *(Taeguk Pal Jang)*



**Kwon’s Taekwondo Advanced Course**

**1st Geup Super 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, Mountain block |
| Strikes | Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist |
| **Form** | **TAE GEUK PAL JANG (8)** |
| **Kicking Techniques** | **BACK SPIN HOOK KICK** |
| **Board Breaking** | **BACK SPIN HOOK KICK** |
| Kicking Combinations | 1. Roundhouse kick - back spin hook kick - roundhouse kick - back spin hook kick  2. Roundhouse kick - tornado roundhouse kick - back spin hook kick  kicking combinations |
| Sparring | Free sparring **(WTF Olympic style with a safety equipment)** |
| **Korean Terms** | **1. Why do we practice breath control?**  - To develop spiritual strength (GI) and endurance, Sir!  **2. What is the meaning of the American flag?**  The thirteen stripes in the American flag represent the thirteen original colonies,  The stars represent the 50 stars represent the 50 states of our Union.  **The colors stand for:**  **Red:** Courage, war and blood  **White:** Truth, freedom and purity  **Blue:** Justice, loyalty and ambition, Sir!  **3. What is the meaning of the Korean flag?**  The white background is a traditional Korean color.  It represents peace and purity. The circle in the middle is derived from the philosophy of yin and yang and represents the balance of the universe. The blue section represents the negative cosmic force, and the red section represents the opposing the positive cosmic forces, The trigram together represents the principle of movement and harmony. Each trigram (HANGUL: KWAE)represents one of the four classical elements, Sir! |

**Testing for Super Bo Dan Level 1**

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 combinations (White to Orange belt techniques) * TAE GEUK PAL JANG (8) * Free sparring * Breaking Board (Spinning hook kick) * Korean Terms / Physical Fitness (50 Push up, Sit up) |