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



**Kwon’s Taekwondo High Intermediate Course**

**4th Geup Brown 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 and black, palm block |
| Strikes | Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist |
| **Form** | **TAE GEUK OH JANG (5)** |
| **Kicking Techniques** | **JUMPING ROUNDHOUSE KICK,**  **TORNADO ROUNDHOUS KICK** |
| **Board Breaking** | **ELBOW STRIKE** |
| Kicking Combination | 1. Roundhouse kick - turn roundhouse kick - roundhouse kick - tornado roundhouse kick  2. Roundhouse kick - jump roundhouse kick - back kick |
| Sparring | Free sparring **(WTF Olympic style with a safety equipment)** |
| **Korean Terms** | 1. **What is a best student?**  - A BEST student never gives up trying to learn what he or she needs to learn until it becomes second nature, both in technique and attitude, Sir!  **2. What is an excellent student?**  - An EXECELLENT student not only learns techniques but gains knowledge of expressive ability, and accepts hard work and sweat, realizing that results come from practice, Sir!  **3. What is a good student?**  - A GOOD student has the desire to learn and to achieve goals, Sir!  **4. What is a poor student?**  - A POOR student is lazy, lacks focus and expects results without sweat, Sir!  **5. BAL BA KA SO –**Switch feet  **6. BAL JIT GI –**Footwork  **7. YUL LIM SEA –**Open stance  **8. DA CHIM SAE –**Closed stance |

**Testing for Red 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 OH JANG (5) * Free sparring * Breaking Board (Elbow strike) * Korean Terms / Physical Fitness (30 Push up, 30 Sit up) |