 ***Kwon’s Taekwo ndo*** *(Tae guk Ee Jang)*



**Kwon’s Taekwondo Intermediate Course**

**7th Geup Green Belt**

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| Stances | Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance |
| Blocks | Low block, In block, Out block, High block |
| Strikes | Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist |
| **Form** | **TAE GEUK EE JANG (2)** |
| **Kicking Techniques** | **STEP SIDE KICK** |
| **Board Breaking** | **STEP SIDE KICK** |
| Kicking Combination | 1. Foot work (Slide Forward, Slide Backward)  2. Roundhouse kick - step side kick - roundhouse kick - step side kick  3. Front kick - step side kick - Axe kick - step side kick |
| Sparring | Free sparring **(WTF Olympic style with a safety equipment)** |
| **Korean Terms** | 1. **How do we make power?**  –Power in made by weight and speed combined with relaxation, concentration and confidence, Sir!  2. **Why are there different colored belts?**  –The increase in knowledge an ability in symbolized by darkness of the colors in the belts as on advances, Sir!  3. **What is the TKD school phone number?**– 410-421-5255  4. **What is the TKD website address?**–[www.kwontkd.us](http://www.kwontkd.us)  5. **DO BOK** –Uniform  6. **KUK KI** – Flag  7. **DO JANG**– Workout area |

**Testing for Purple 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 EE JANG (2) * Free sparring * Breaking Board (Step side kick) * Korean Terms / Physical Fitness (20 Push up, 20 Sit up) |