 ***Kwon’s Taekwondo (Tae guk Sa Jang)***



**Kwon’s Taekwondo High Intermediate Course**

**5th Geup Blue 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, Back fist |
| Strikes | Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist |
| **Form** | **TAE GEUK SA JANG(4)** |
| **Kicking Techniques** | **BACK KICK** |
| **Board Breaking** | **BACK KICK** |
| Kicking Combination | 1. Front kick - roundhouse kick - back kick  2. Roundhouse kick - back kick - (Switch feet) - roundhouse kick - back kick |
| Sparring | Free sparring **(WTF Olympic style with a safety equipment)** |
| **Korean Terms:** | **1. Why do we control ourselves in free sparring?**  - To demonstrate mental discipline, physical control of ourselves, and to build self – confidence which indicates strong, mind, Sir!  **2. What part of the foot do we use in these kick?**  - Top of foot – Front snap kick, roundhouse  - Bottom of the foot (side with heel) – Side kick  - Heel of the foot – Back kick, Axe kick, Spinning hook kick **3. Can you tie another person’s belt?**  **4. AHP CAH GI –**Front kick  **5. DOL O CHA GI**– Roundhouse kick  **6. NAE YO CHA GI**– Axe kick  **7. YEP CHA GI**– Side kick  **8. DWEE CHA GI**– Back kick  **9. DWEE HOOREE GI** –Spin back hook kick |

**Testing for Brown 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 SA JANG (4) * Free sparring * Breaking Board (Back kick) * Korean Terms / Physical Fitness (30 Push up, 30 Sit up) |