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



**Kwon’s Taekwondo High Intermediate Course**

**5th Geup Blue Belt**

|  |  |
| --- | --- |
| 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 kick2. 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)

|  |
| --- |
| **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)
 |