



UMS Tae Kwon Do

Green go to Purple belt

1. MEMORIZATION : Bow to the flag – Kuk ki ye dae ha yo kyoung rea

* Adult's Code : Courtesy – Ye eui

* Children's Home Rule #1, 2, 3, 4 :

* Children's Home Rule #5 :

Tae Kwon Do Students will share household responsibilities, Sir.

2. TECHNIQUE : Knife hand block, double knife hand block, Back kick

*Form – Tae Kuek sam jang $\frac{1}{2}$,

* **One step sparring:**

Defender:

#1 – Step up (R-Leg) long stance with Out block(L-H), Neck chop(R-H) with grab neck with left knee kick to solar plexus, and put down left leg with left elbow attack his back

#2 – left step up with long stance with out block(R-Hand) with grab wrist and punch to ribs (L-Hand), and round house kick® to stomach and side kick knee. (R-Leg)

* **Kicking Tech:**

#1 – 2 round house kick (R,L) and skip side kick (L)

#2 – Skip round house kick(L), and 2 Back kick (R,L)

* **Breaking Tech : Back Kick**

3. Strength Test : Children : Push up 25 times, Sit up 25 times
Adults & Teens : Push up 35 times, Sit up 35 times

4. Sparring : Free sparring