



UMS Tae Kwon Do

Red go to Super Red belt

1. MEMORIZATION : Back Kick – Dui Cha Ki

* Adult's Code : Jip Joong Ryouk – Focus with mind and body

* Children's Home Rule #1 - 10 :

* Students creed ½ :

I will practice in the SPIRIT of Martial Arts, with COURTESY for my fellow students, LOYALTY for my Instructors and our country, and RESPECT for my parents and all people, Sir

2. Technique :

Kicking with back step, Palm block, Running jump side kick

* **Form – Tae Kuek Yook jang ½,**

* **One step sparring:**

Defender:

#1 – Skip back kicking stance and back hook kick®, round house kick®, Back hook kick(L).

#2 – Skip back kicking stance and back hook kick®, and Back kick® and skip side kick ®.

* **Kicking Tech:**

#1 – Skip front kick and holding and round house kick(L), Round house kick middle high ®, and back kick(L).

#2 – Hook kick and holding and round house kick®, and back kick(L), and tornado kick(L)

* **Breaking Tech : Running Jump side kick**

3. Strength Test : Children : Push up 30 times, Sit up 30 times
Adults : Push up 40 times, Sit up 40 times

4. Sparring : Free sparring