



# UMS Tae Kwon Do

## Brown go to Super Brown

**1. MEMORIZATION :** Back hook kick – Dui dol yo cha ki,

\* Adult's Code : Ban Bok Youn Seup – Repeat Training

\* Children's Home Rule #1, 2, 3, 4, 5, 6, 7, 8 :

\* Children's Home Rule #9 :

Tae Kwon Do Students will study well both at school and home, Sir.

**2. Technique :**

Tornado kick, Back stands out block and In block

\* **Form – Tae Kuek Ou jang** ½

\* **One step sparring:**

Attacker : Same as before,

Defender:

#1 – Skip back with kicking stance and skip round house kick middle and high(L), and back kick ®.

#2 – Skip back with kicking stance and skip side kick middle and high kick(L) and skip hook kick (L)

\* **Kicking Tech:**

#1 – Double Round house kick (R,L), Back hook kick®, round house kick®, and back kick (L).

#2 – Skip double round house kick(L,R), and skip ax kick(R), back Kick(L).

\* **Breaking Tech : Tornado kick**

3. Strength Test : Children : Push up 30 times, Sit up 30 times  
Adults & Teens : Push up 35 times, Sit up 35 times

4. Sparring : Free sparring