

# MIDWEST MARTIAL ARTS

## Hybrid Taekwondo (Green to Blue)

<p><b><u>STANCES:</u></b></p> <p>All Previous Stances</p>	<p><b><u>KICKS:</u></b> (Green)</p> <p>Double Roundhouse &amp; Side Kick Olympic Jump Roundhouse Jumping Axe Kick Back Leg Hook Kick</p> <p><b>Kicking combos:</b></p> <ul style="list-style-type: none"><li>- Double roundhouse, Olympic jump roundhouse, jump axe, hook kick.</li><li>- Double side kick, Olympic jump roundhouse, jump axe, hook kick.</li></ul>
<p><b><u>STRIKES:</u></b> (Yellow)</p> <p>Spinning Knife, Elbow, Back fist Double Knife Hand Block (1 high, 1 middle) Spear Hand Strike Quan-su</p> <p>Hubud Drill</p>	<p><b><u>BREAK FALLS:</u></b> (Blue)</p> <p>Front roll, stop</p> <p>Front fall with barrel roll Front fall with rear recovery</p>
<p><b><u>FORM:</u></b> (Red)</p> <p>Taeguek – Sa Jang</p>	<p><b><u>BASIC SELF DEFENSE:</u></b> (White)</p> <p><b><u>ARM BARS:</u></b></p> <p>Armbar Cradle Armpit Armbar</p> <p><b><u>JOINT LOCKS:</u></b> <i>Introduction to wrist locks</i> Basic wrist lock</p> <p><b><u>DRILL:</u></b></p> <ol style="list-style-type: none"><li>1. Armbar into basic wrist lock, back to armbar</li><li>2. From punch, push, or reach: Brush grab, Armbar cradle, reverse armbar, armpit armbar</li></ol>

## **KNOWLEDGE: (Silver)**

### **5 Tenants of Taekwondo**

3. Indomitable Spirit – A spirit that cannot be overcome with negativity. Not allowing anyone to drag you down! Having self-confidence.

### **LDRSHIP Values**

Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage

- **Loyalty:** Faithful, steadfast, true to someone or something. Loyalty should be earned and maintained through respect.