

# MIDWEST MARTIAL ARTS

## Hybrid Taekwondo (Purple to Green Belt)

<p><b><u>STANCES:</u></b></p> <p>Cat Stance</p> <p>All previous stances</p>	<p><b><u>KICKS:</u></b> (Green)</p> <p>Skipping front kick, roundhouse, side kick, axe kick</p> <p>Crescent kicks (inside &amp; outside) Shin kick</p> <p><b>Kicking combos:</b></p> <ul style="list-style-type: none"><li>- Immediate front kick, back leg front kick, skipping front kick Jump front kick. <b>(Same order for all 3 kicks)</b></li><li>- Immediate front kick, back leg round, skipping side kick</li><li>- Inside crescent kick, turn side kick</li><li>- outside crescent, turning side kick</li></ul>
<p><b><u>STRIKES:</u></b> (Yellow)</p> <p>X Block (high &amp; low)</p> <p>Back fist strike (snapping &amp; follow through) Elbow strikes (upward &amp; inward)</p>	<p><b><u>BREAK FALLS:</u></b> (Blue)</p> <p>Back Roll (over left and right shoulder)</p> <p><b>Drill</b> – Back roll from a push, stand to defend. Attacker closes the distance.</p>
<p><b><u>FORM:</u></b> (Red)</p> <p>Taeguek – Sam Jang</p>	<p><b><u>BASIC SELF DEFENSE:</u></b> (White)</p> <p>Straight punch &amp; haymaker Sector Drills (inside &amp; outside)</p> <p><b><u>Armbars:</u></b> Reverse Armbar (ulna)</p>
<p><b><u>KNOWLEDGE:</u></b> (Silver)</p> <p><b>Color codes of awareness</b> Explain condition <b>ORANGE</b>.</p> <p><b>Why is tapping important? When should you tap? How should you tap?</b></p> <ul style="list-style-type: none"><li>• Tap to avoid injury.</li><li>• Tap when you feel pressure, not pain.</li><li>• Tap with your hands while also saying the word <b>TAP</b> 3 times. <b>(TAP, TAP, TAP)</b></li></ul> <p><b>5 Tenants of Taekwondo</b></p> <p>4. Self-Control – Controlling your actions, emotions, and behavior even when it’s difficult.</p>	