

# MIDWEST MARTIAL ARTS

## Hybrid Taekwondo (Orange to Purple)

<p><b><u>STANCES:</u></b></p> <p>Back Stance</p> <p>All previous stances</p>	<p><b><u>KICKS:</u></b> (Green)</p> <p>Immediate Round Kick, Front Kick, Side Kick, &amp; Axe kick</p> <p>Back Kick Turning Side Kick</p> <p><b>Kicking combos:</b> <i>(Same order for all 3 kicks)</i></p> <ul style="list-style-type: none"><li>- Immediate front kick, back leg front kick, repeat</li><li>- Immediate front, back roundhouse, immediate round, back front <b>(mix it up)</b></li><li>- Immediate front kick, back leg front kick, back leg roundhouse, turning side kick.</li></ul>
<p><b><u>STRIKES:</u></b> (Yellow)</p> <p>Hammer Block Double Knife Hand Block - Middle</p> <p>Reverse Blocks (High, Low, Inside knife)</p>	<p><b><u>BREAK FALLS:</u></b> (Blue)</p> <p>Front Roll (left and right shoulder)</p> <p>Drill – Front roll from a push, turn to defend as attacker closes the distance.</p>
<p><b><u>FORM:</u></b> (Red)</p> <p>Taeguek – Ee Jang</p>	<p><b><u>BASIC SELF DEFENSE:</u></b> (White)</p> <p>Front Grab with arms pinned &amp; free. Back Grab with arms pinned &amp; free.</p>
<p><b><u>KNOWLEDGE:</u></b> (Silver)</p> <p><b>Color codes of awareness?</b> Explain condition RED.</p> <p><b>5 Tenants of Taekwondo</b></p> <ol style="list-style-type: none"><li>1. Courtesy</li><li>2. Integrity</li><li>3. Perseverance – Never giving up. Fulfilling obligations and reaching your goals.</li><li>4. Self-control</li><li>5. Indomitable spirit</li></ol>	