

MIDWEST MARTIAL ARTS

Hybrid Taekwondo (Yellow to Orange Belt)

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| <p><u>STANCES:</u></p> <p>Walking Stance / Natural stance</p> | <p><u>KICKS:</u> (Green)</p> <p>Axe Kick Step Behind Side Kick Jump Front Kick Jumping Round Kick</p> <p>Kicking combos:</p> <ul style="list-style-type: none">- Front kick, jumping front, step behind side kick- Axe kick, roundhouse, jumping roundhouse, step behind side kick. |
| <p><u>STRIKES:</u> (Yellow)</p> <p>Outside Knife Hand Strike Inside Knife Hand Strike Throat Strike</p> <p>Reverse Inside Block (found in Il Jang) Reverse Punch</p> <p>Brush Grab</p> | <p><u>BREAK FALLS:</u> (Blue)</p> <p>Side Fall (left and right side)</p> <p>Technical stand up from back fall & side fall</p> |
| <p><u>FORM:</u> (Red)</p> <p>Taeguek – Il Jang</p> | <p><u>BASIC SELF DEFENSE:</u> (White)</p> <p>Push (1 hand and 2 hand) Two Hand Grab</p> <p>Wrist escapes: (<i>Opposite side, cross grab, and overhand grab</i>)</p> <ol style="list-style-type: none">1. Wedge out2. Floating elbow |
| <p><u>KNOWLEDGE:</u> (Silver)</p> <p>Color codes of awareness What is condition WHITE? What Color Code of awareness should we always be at? And why?</p> <p>5 Tenants of Taekwondo</p> <ol style="list-style-type: none">2. Integrity – Doing the right thing. Legally and morally. | |