

# MIDWEST MARTIAL ARTS

## Hybrid Taekwondo (White to Yellow Belt)

<p><b><u>STANCES:</u></b></p> <p>Attention Front Stance Ready Stance Defensive Stance / Fighting Stance Horse Riding Stance</p>	<p><b><u>KICKS:</u> (Green)</b></p> <p>Front Kicks (ball of foot and instep) Roundhouse Kick (sport &amp; power) Back Leg Side Kick Knee Strike</p> <p><b>Kicking combos:</b> Front kick – Outside, inside, low, high block Roundhouse – Outside, inside, low, high block Front kick, roundhouse, sidekick</p>
<p><b><u>STRIKES:</u> (Yellow)</b></p> <p>Low Strike High Strike Inside Strike Outside Strike Middle Punch Palm Strike</p>	<p><b><u>BREAK FALLS (Ukemi):</u> (Blue)</b></p> <p>Back Fall (from a push) Drill – Defend from ground.</p>
<p><b><u>FORM:</u> (Red)</b></p> <p>Taeguk - Kicho</p>	<p><b><u>BASIC SELF DEFENSE:</u> (White)</b></p> <p>Choke (2 defenses)</p> <p><b>Wrist escapes:</b> <i>(Opposite side &amp; cross grab)</i></p> <ol style="list-style-type: none"><li>1. Basic Wrist escape</li><li>2. Thumb wrist entry</li><li>3. Web up</li></ol>
<p><b><u>KNOWLEDGE:</u> (Silver)</b></p> <p><b>What is Tae Kwon Do mean in English?</b> The way of the hand and foot. Tae means <b>FOOT</b>, Kwon means <b>FIST</b>, and do means the <b>WAY</b>.</p> <p><b>5 Tenants of Taekwondo</b></p> <ol style="list-style-type: none"><li>1. Courtesy – Politeness in your attitude and behavior towards others and yourself.</li></ol> <p><b>What are the color codes of awareness?</b> They are a guide to practicing good situational awareness.</p>	