

EDU-KWONDO CURRICULUM

COMBINATIONS MOVEMENTS



Edu-kwondo Combination 1 (WHITE BELT)

edukwondo1@gmail.com

- 1 Step back right foot and down block left hand (FS)
- 2 Reverse punch right hand, in place
- 3 Front kick right foot, and double punches. Right / left (FS)
- 4 Step forward left foot, and regular knife-hand chop (HS)
- 5 Step forward right foot and regular middle punch **KIA** (FS)

Edu-kwondo Combination 2 (YELLOW BELT)

- 1 Step back right foot and down block left hand (HS)
- 2 Cross body punch right hand (punch not higher than Patch level)
- 3 Advance regular side kick right foot
- 4 Follow up regular round house kick, left foot (HS)
- 5 Regular knife-hand chop in place
- 6 Step forward and middle punch, right foot **KIA** (FS)

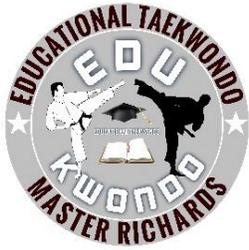
Edu-kwondo Combination 3 (GREEN BELT)

- 1 step back right foot, left down block, right cross body punch, left reg punch (HS)
- 2 Cross-behind left side kick (FP)
- 3 Turn-around right back kick (FP)
- 4 Turn-around and left back fist to face (HS)
- 5 Step forward and right middle punch **KIA** (FS)

Terms

(FS) = Front Stance ***** (FP) = Fighting Position ***** (CS) Cat Stance

(BS) = Back Stance ***** (HS) = Horse Stance



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Edu-kwondo Combination 4 (PURPLE BELT)

edukwondo1@gmail.com

- 1 Step back right foot, double knife block, left spear hand, right knuckle punch (BS/ FS)
- 2 Right front kick, follow up left spinning back kick (FP)
- 3 Right spin wheel kick (FP)
- 4 Right fake front round house kick (FP)
- 5 Left spinning back fist to face (HS)
- 6 Step forward right foot and right middle punch **KIA** (FS)

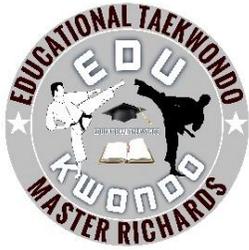
Edu-kwondo Combination 5 (4th & 3rd RED BELTS)

- 1 Step back right foot, left hand regular knife hand chop (BS)
- 2 Switch to (FS) and right elbow upper punch to chin (FS)
- 3 Double right-side kicks, same height to chest level, and left reverse punch (FS)
- 4 Switch to (FP) and hop right-side kick (FP)
- 5 Follow-up hop right front kick (FP)
- 6 Hop backward one step in same position, and right-hand down block (HS)
- 7 Left foot spinning back kick, follow-up right foot spin-wheel kick (FP)
- 8 Follow-up right fake front round house kick (CS)
- 9 Right hop front kick, as you land, do left spear hand and right punch **KIA** (FS)

Terms

(FS) = Front Stance ***** (FP) = Fighting Position ***** (CS) Cat Stance

(BS) = Back Stance ***** (HS) = Horse Stance



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COMBINATIONS MOVEMENTS



Edu-kwondo Combination 6 (2nd, 1st, +1st, ++1st, Brown Belt)

Jumbi Position

- 1 Stepping back right foot and low X block -open hands (BS) Tension moves**
- 2 Pull both hands together to left side on top belt (BS) Snap move**
- 3 With right foot, side kick touch and side kick again to the side (FP)**
- 4 Slide in left instant front kick, right reverse punch (FS)**
- 5 Right hook kick, touch instant side kick, left reverse spear hand (FS)**
- 6 Step forward left foot, double knife-hand block, knuckle punch, and spear hand (FS)**
- 7 Hop back left down block (HS)**
- 8 Left instant side kick, and right Pin-wheel kick**
- 9 in-place tension left low knife-hand block (HS)**
- 10 Pull left up in air knee high, left down block and right back fist**
- 11 Leap forward land on right foot, cross left foot behind right, (low position)**
- 12 As you land in position, low right hand punch, left palm brace right arm (LP) KIA**
- 13 Left foot turn backward, and left hand backfist (HS)**
- 14 Follow-up step right foot and right middle punch (FS) KIA**
- 15 KOMAHN.**

