

Powell's Personal Combat System

CURRICULUM

FOR

BLUE STRIPE BELT

**ATTENDENCE: CLEANLINESS: CONCENTRATION: PATIENCE: SELF CONTROL:
SELF CONFIDENCE: CONTROL OF DISTANCE: CONTROL OF POWER:
CONTROL OF SPEED: POWER:SPEED: TIMING: ATTITUDE: ENDURANCE:
FLEXIBILITY: POSTURE: BREATH CONTROL: BALANCE: MEDITATION:**

ABDOMINAL BREATHING : Blue Stripe Belt Level Breathe Count

KI BREATHING EXERCISE #5:

KICKING:

TARGET KICKING:

SPINNING REVERSE CRESCENT KICK FACE:

KICKING PRACTICE:

SNAP KICK SAME LEG CONTINUOUSLY:

ROUND HOUSE KICK SPINNING BACK SIDE KICK:

CROSS OVER HOOK KICK ROUND HOUSE KICK:

SPINNING REVERSE CRESCENT KICK:

CROSS OVER SIDE KICK SPINNING BACK SIDE KICK:

SNAP KICK ROUND HOUSE KICK SPINNING BACK SIDE KICK:

DOUBLE PUNCH SPINNING BACK SIDE KICK:

DOUBLE PUNCH SPINNING REVERSE CRESCENT KICK:

SPINNING BACK SIDE KICK CRESCENT KICK:

DOUBLE HOP MIDDLE SIDE KICK:

SIMPLE STEPPING BACKWARDS AND WARDS:
RISING BLOCK WITH LOW BLOCK:
INWARD LOW BLOCK:
CHEST NUT FIST STRIKE:

COUNTER ATTACKS:

Techniques 13-15

AGAINST WEAPONS:
KNIFE TAKE AWAY #2

ONESTEP SPARRING:
Techniques 25-30

THREE STEP SPARRING:
Techniques 17-20

SELF DEFENSE:
Regular Techniques 17-20
Optional Techniques 33-40

GRAPPLING:

Crucifix
Kick Over Bent Arm Lock
Rear Throw
Full Nelson(On The Ground)
Reverse triangle Choke/Counter
Near Leg Lace To Bent Leg Lock

FORMS(Hyung, Poomse):

Yul-Kok
Tae-Guek Oh-Jang
Pal-Gwe Oh-Jang
Pyung-Ahn Yi-Dan

Additional Conditioning:

FORGING TOOLS TRAINING:

Level 2 Training

Hand Conditioning:

Slap Bag Training (Round Stones) Level 2
Drills

Body Conditioning For Impact:

Rolling Pin
Iron Body Bag (ROCK SALT)Beat

Founded by Grand Master Gary Powell

As Taught By Grand Master Justin Powell

All Content Is Owned By Central Canada Martial Arts Academy

If You Wish To Learn Traditional Tae Kwon Do; Powell's Personal Combat System Or Are Interested In Teaching Contact TKDMaster069@aol.com

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