

# **Powell's Personal Combat System**

## **CURRICULUM FOR BLUE 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 Belt Level Breathe Count

**KI BREATHING EXERCISE #6:**

**KICKING:**

**TARGET KICKING:**

ONE STEP SPINNING REVERSE CRESCENT KICK FACE:

JUMP CRESCENT KICK FACE:

SPINNING LEG SWEEP

**KICKING PRACTICE:**

SNAP KICK SINGLE PUNCH CONTINUOUSLY:

SNAP KICK JUMP SNAP KICK:

ONE STEP SPINNING REVERSE CRESCENT KICK

DOUBLE HOP HIGH SIDE KICK

ROUND HOUSE KICK SPINNING LEG SWEEP

JUMP CRESCENT KICK

**COUNTER ATTACKS:**

Techniques 16-17

**ONESTEP SPARRING:**

Techniques 6

**THREE STEP SPARRING:**

Techniques 6

**SELF DEFENSE:**

Regular Techniques 21-24

**FORMS(Hyung, Poomse):**

Chung-Gun

**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](mailto:TKDMaster069@aol.com)**

**Copyright @ Justin Powell. All Rights Reserved.**