

Powell's Personal Combat System

CURRICULUM

FOR

RED 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 : Red Belt Level Breathe Count

KI BREATHING EXERCISE #8:

KICKING:

TARGET KICKING:

ONESTEP JUMP SPINNING SLAP KICK FACE:

JUMP SPLIT KICK FACE:

KICKING PRACTICE:

ONE STEP JUMP SPINNING SLAP KICK (WITH BOTTOM OF FOOT)

HIGH JUMP SPLIT KICK:

COUNTER ATTACKS:

Techniques 20-21

ONESTEP SPARRING:

Techniques 8

THREE STEP SPARRING:

Techniques 8

SELF DEFENSE:

Regular Techniques 29-32

FORMS(Hyung, Poomse):

Hwa-Rang

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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