

Powell's Personal Combat System

CURRICULUM

FOR

GREEN 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 : Green Stripe Belt Level Breathe Count

KI BREATHING EXERCISE #3:

TARGET KICKING:

LEAD LEG ROUND HOUSE KICK LOW AND HIGH:

STEPPING SIDE KICK LOW AND HIGH:

ONE STEP JUMP SPINNING BACK SIDE KICK SOLAR PLEXUS:

ONE STEP SPINNING HOOK KICK SOLAR PLEXUS:

KICKING PRACTICE:

SNAP KICK SCISSOR SHIFT DOUBLE PUNCH:

SNAP KICK DOUBLE PUNC TWO LEG:

LEAD LEG ROUND HOUSE KICK LOW AND HIGH:

ONE STEP STEPPING SIDE KICK LOW AND HIGH:

ONE STEP SPINNING HOOK KICK:

ONE STEP JUMP SPINNING BACK SIDE KICK

COUNTER ATTACKS:

Techniques 7-9

ONESTEP SPARRING:

Techniques 3

THREE STEP SPARRING:

Techniques 3

SELF DEFENSE:

Regular Techniques 9-12

FORMS(Hyung, Poomse):

Toe-San

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

Copyright @ Justin Powell. All Rights Reserved.