

Powell's Personal Combat System

CURRICULUM

FOR

ORANGE 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 : Orange Belt Level Breathe Count

KI BREATHING EXERCISE #2:

TARGET KICKING:

CROSS OVER SIDE KICK FACE:

STEPPING SIDE KICK FACE:

ONE STEP SPINNING BACK SIDE KICK SOLAR PLEXUS:

CROSS OVER HOOK KICK SHOULDER:

BACK LEG ROUND HOUSE KICK WAIST, PUNCH WAIST:

LEAD LEG ROUND HOUSE KICK FACE:

JUMP FRONT SNAP KICK SOLAR PLEXUS:

KICKING PRACTICE:

ONE STEP SNAP KICK WITH HEEL ONE LEG:

ONE STEP SNAP KICK DOUBLE PUNCH ONE LEG:

SNAP KICK DOUBLE PUNCH TWO LEGS:

SNAP KICK SCISSOR SHIFT ONE LEG:

CROSS OVER HOOK KICK:

LEAD LEG ROUND HOUSE KICK:

BACK LEG ROUND HOUSE KICK WITH PUNCH:

ONE STEP SPINNING BACK SIDE KICK:

JUMP FRONT SNAP KICK ONE LEG:

ONESTEP SPARRING:

Techniques 2

THREE STEP SPARRING:

Techniques 2

COUNTER ATTACKS:

Techniques 4-6

SELF DEFENSE:

Regular Techniques 5-8

FORMS(Hyung, Poomse):

Tan-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

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