

# **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:**

**COUNTER ATTACKS:**

Techniques 13-15

**AGAINST WEAPONS:**

KNIFE TAKE AWAY #2

**ONESTEP SPARRING:**

Techniques 5

**THREE STEP SPARRING:**

Techniques 5

**SELF DEFENSE:**

Regular Techniques 17-20

**FORMS(Hyung, Poomse):**

Yul-Kok

**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)**

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