

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:

FOOT WORK:

LUNGE STEPPING FORWARD AND BACKWARDS:

SIMPLE STEPPING BACKWARDS AND WARDS:

KNIFE HAND BLOCK:

PALM PUNCH

KNIFE HAND RISING BLOCK WITH PALM PUNCH:

KNIFE HAND RISING BLOCK WITH INWARD STRIKE:

BACK FIST STRIKE:

SPREADING BLOCK WITH KNEE STRIKE:

DOWNWARD PALM BLOCK WITH SPEAR HAND:

INWARD HAMMER FIST

ONESTEP SPARRING:

Techniques 7-12

THREE STEP SPARRING:

Techniques 5-8

COUNTER ATTACKS:

Techniques 4-6

SELF DEFENSE:

Regular Techniques 5-8

Optional Techniques 9-16

AGAINST WEAPONS:

Stick/Bat Take Aways#2

GRAPPLING:

Single Leg Take Down/Counter

Butterfly Guard:

Shoulder Throw/Counter

Roll And Pin

Rear Naked Choke/Counter

Figure Four Grip

Bent Arm Up Position Lock

Bent Arm Down Position Lock

FORMS(Hyung, Poomse):

Tan-Gun

Tae-Guek Yi-Jang

Pal-Gwe Yi-Jang

Ki-ChoYi-Bo

ADDITIONAL DRILLS:

BAG FOREARM LIFTING DRILL

NECK BRIDGE DRILLS

Off BALANCING DRILL#1

Hand Conditioning:

Slap Bag Training (RICE) Level 2 Drills

Body Conditioning For Impact:

Iron Body Bag (Sand) Level 2 Drills

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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