

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:

FOOT WORK:

3/4 TURN LEFT AND RIGHT WITH FRONT LEG

SIMPLE STEPPING BACKWARDS AND WARDS:

LOW X BLOCK

HIGH X BLOCK

DOWNWARD PALM BLOCK

INWARD PALM BLOCK

RIDGE HAND STRIKE:

COUNTER ATTACKS:

Techniques 7-9

ONESTEP SPARRING:

Techniques 13-18

THREE STEP SPARRING:

Techniques 8-12

SELF DEFENSE:

Regular Techniques 9-12

Optional Techniques 17-24

AGAINST WEAPONS:

Stick/Bat Take Aways#3

GRAPPLING:

The Rubber Guard/Escape

Double Leg Take Down/Counter

Toe Hold

Reverse Hip Toss

Triangle choke/Counter

Inside Reap/Counter

Knee Bar

The Cradle

FORMS(Hyung, Poomse):

Toe-San

Tae-Guek Sam-Jang

Pal-Gwe Sam-Jang

Ki-Cho Sam-Bo

ADDITIONAL DRILLS:

Hand Conditioning:

Slap Bag Training (RICE) Level 3 Drills

Body Conditioning For Impact:

Iron Body Bag (Sand) Level 3 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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