

Powell's Personal Combat System

CURRICULUM FOR BLUE 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 Belt Level Breathe Count

KI BREATHING EXERCISE #6:

KICKING:

TARGET KICKING:

ONE STEP SPINNING REVERSE CRESCENT KICK FACE:

JUMP CRESCENT KICK FACE:

SPINNING LEG SWEEP

KICKING PRACTICE:

SNAP KICK SINGLE PUNCH CONTINUOUSLY:

SNAP KICK JUMP SNAP KICK:

ONE STEP SPINNING REVERSE CRESCENT KICK

DOUBLE HOP HIGH SIDE KICK

ROUND HOUSE KICK SPINNING LEG SWEEP

JUMP CRESCENT KICK

FOOT WORK:

1/2 TURN DOUBLE STEP:

SIMPLE STEPPING BACKWARDS AND WARDS:

UPWARD PALM BLOCK:

SCISSOR FINGER STRIKE:

NEEDLE FINGER STRIKE:

COUNTER ATTACKS:

Techniques 16-17

ONESTEP SPARRING:

Techniques 31-36

THREE STEP SPARRING:

Techniques 21-24

SELF DEFENSE:

Regular Techniques 21-24

Optional Techniques 41-48

AGAINST WEAPONS:

KNIFE TAKE AWAY #3

GRAPPLING:

Rear Leg Lift Throw

Far Lapel Back Carry Throw

Windmill Throw

Boston Crab

Cutting The Neck Throw

Duck Under Pick Up Throw

FORMS(Hyung, Poomse):

Chung-Gun

Tae-Guek Yook-Jang

Pal-Gwe Yook-Jang

Pyung-Ahn Sam-Dan

Additional Conditioning:

Hand Thrusting Drills

FORGING/HOJO TOOLS TRAINING:

Advanced

Hand Conditioning:

Slap Bag Training (Round Stones) Level 3
Drills

Body Conditioning For Impact:

Rolling Pin
Iron Body Bag (ROCK SALT) Strike

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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