

# **POWELL'S PERSONAL COMBAT SYSTEM**

## **CURRICULUM FOR**

### **YELLOW BELT**

#### **BREATHING EXERCISES**

**ABDOMINAL BREATHING :** Yellow Belt Level Breathe Count

**KI BREATHING #1 :** To Be Done with Yellow Belt Level Breathe Count

#### **TARGET KICKING:**

ONE STEP SNAP KICK WAIST:

BACK LEG ROUND HOUSE KICK WAIST:

CROSS OVER SIDE KICK WAIST:

CROSS OVER SIDE KICK SOLAR PLEXUS:

STEPPING SIDE KICK SOLAR PLEXUS:

PUSHING SIDE KICK SOLAR PLEXUS:

SPINNING BACK SIDE KICK SOLAR PLEXUS:

FRONT PUSHING KICK SOLAR PLEXUS:

FRONT PUSHING KICK FACE:

BACK SNAP KICK SOLAR PLEXUS:

#### **KICKING PRACTICE :**

ONE STEP RISING KICKS ONE LEG:

ONE STEP RISING KICK TWO LEGS:

ONE STEP SNAP KICK ONE LEG:

ONE STEP SNAP KICK TWO LEGS:

ONE STEP ROUND HOUSE KICK:

ROUND HOUSE KICK TWO LEGS:

CROSS OVER SIDE KICK:

STEPPING SIDE KICK TWO LEGS:

PUSHING SIDE KICK:

SPINNING BACK SIDE KICK:

FRONT PUSHING KICK:

BACK SNAP KICK ONE LEG

**FOOT WORK:**

SLIDE STEPPING:

**SIMPLE STEPPING BACKWARDS AND WARDS:**

SCISSOR BLOCK:

OUTWARD SPREADING BLOCK:

DOUBLE UPSET PUNCH

WEDGING BLOCK:

OUTWARD HAMMER STRIKE

KNIFE HAND RISING BLOCK:

SPEAR HAND TO FACE:

**COUNTER ATTACKS:**

Techniques 1-3

**ONESTEP SPARRING:**

Techniques 1-6

**THREE STEP SPARRING:**

Techniques 1-4

**SELF DEFENSE (WHEN GRABBED):**

Regular Techniques 1-4

Optional Techniques 1-8

**GRAPPLING:**

Sit Out

Top Mount/Escape When Pinned By

Top Mount

Side Mount/Escape

North South Position Mount/Escape

Bottom Guard/ Escaping From the

Bottom Guard

Hip Toss/Counter

90 Degree Hand Hold

Transition Practice

**AGAINST WEAPONS:**

Stick/Bat Take Aways#1

**FORMS(Hyung, Poomse):**

Chon-Ji

Tae-Guek Il-Jang

Pal-Gwe Il-Jang

Ki-Cho Il-Bo

**Additional Conditioning:**

Double Knee Jump Drill

Two Person Forced Grip Drill

Back Bridge Push Ups

Bag Rolling Drill:

**Hand Conditioning:**

Slap Bag Training (RICE) Level 1 Drills

**Body Conditioning For Impact:**

Iron Body Bag (Sand)

**Founded by Grand Master Gary Powell**

**As Taught By Grand Master Justin Powell**

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**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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