

# **POWELL'S PERSONAL COMBAT SYSTEM**

## **CURRICULUM FOR**

### **RED 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 :** Red Stripe Belt Level Breathe Count

**KI BREATHING EXERCISE #7:**

**KICKING:**

**TARGET KICKING:**

ONE STEP SPINNING SLAP KICK (WITH BOTTOM OF FOOT) FACE:

ONE STEP JUMP SPINNING REVERSE CRESCENT KICK FACE:

**KICKING PRACTICE:**

DOUBLE HOP LOW AND HIGH SIDE KICKS:

ONE STEP SPINNING SLAP KICK (WITH BOTTOM OF FOOT):

ONE STEP SPINNING JUMP REVERSE CRESCENT KICK:

CRESCENT KICK SPINNING REVERSE CRESCENT KICK:

TORONADO KICK:

**COUNTER ATTACKS:**

Techniques 18-19

**ONESTEP SPARRING:**

Techniques 7

**THREE STEP SPARRING:**

Techniques 7

**SELF DEFENSE:**

Regular Techniques 25-28

**FORMS(Hyung, Poomse):**

Ti-Gye

**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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